

Alternatives to Suicide is growing in Australia


Alternatives to Suicide (Alt2Su)...

...a peer-based approach to supporting people who have made suicidal attempts or who experience suicidal thoughts


...developed in 2008 by Western Massachusetts Recovery Learning Community, USA (now the Wildflower Alliance)

...peer-to-peer mutual support groups provide a space for voicing, sitting with, understanding and moving through suicidal thoughts

"I go to the group specifically just to be heard and to be listened to, to be seen, to be acknowledged, to have my feelings respected."



To find out more about the approach and Alt2Su groups visit us at:
<https://alt2su-nsw.net/>



"At the group, you don't sit there going, "You'll be okay," there's none of that kind of stuff. It's how life is shared - it gives you strive - it emboldens. It gives you a way to look at each other, the way others tackle each thing that comes up. They're incredible people, every single one of them."

Interested to understand more about Alternatives to Suicide?

Read the report of the Alternatives to Suicide Research Project:
Exploring the experiences and impacts of a peer-based approach to responding to suicidal distress, August 2022.

Alternatives to Suicide Research Project, Social Work & Policy Studies, University of Sydney supported by inside out & associates australia, funded by NSW Government, under the Towards Zero Suicides Initiatives.

If you are a community group or organisation interested in supporting an Alternatives to Suicide group, or the approach more generally, we'd love you to contact us at:



alt2su.nsw@insideoutconversations.com.au
<https://alt2su-nsw.net/>

