



Alternatives to Suicide



Navigating the Darkness Together

Free support group in Westport starting October 4, 2022!

Alternatives to Suicide is a *free* peer-led support group where people can talk openly about suicide thoughts, attempts, or experiences like self harm. It's a safe, non-clinical space where people ages 18+ come together to talk about their experiences and emotional distress without judgment or fear of unwanted interventions.

We do not assume suicidal thoughts are connected to mental illness, and you do not need to be experiencing a current crisis to attend. You are welcome to join us with no need for a referral or requirement to be connected with mental health services.

Feel free to just show up to a meeting, or call 203-227-7644 or email Ally at akernan@positivedirections.org for more info.

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Weekly on Tuesdays at 7pm

Positive Directions, 90 Post Road West, Westport, CT