

Alternatives to Suicide

Navigating the Darkness Together

3/2025



Positive Directions offers a FREE, weekly peer support group for those thinking about suicide--now on Zoom!

Alternatives to Suicide (“Alt2Su”) 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+ can 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 any time--no commitment, no need for a referral from a treatment program.



Every Tuesday at 7pm on Zoom

RSVP at positivedirections.org/events to get link via email

More options: positivedirections.org/suicide-prevention