

PEER SUPPORT GROUP

- FREE
- ANONYMOUS
- NO REGISTRATIONS
- WEEKLY MEETINGS
- NO REFERRAL NEEDED
- NO WELFARE CHECKS

WHAT TO EXPECT:

There are no forms to fill out and we don't ask for any of your personal details. We start on time and one of the two facilitators will open the group by going over our values and general guidelines.

Next people will take turns sharing and asking questions – but you don't have to share if you don't want to.

The group is a space for people to talk to about what's going on for them without fearing hospitalisation or the police being called.

We don't provide answers, we deeply listen and ask curious questions without judgement.

Facilitators are people with lived experience of suicidal thoughts or feelings.

DISCHARGED for me is basically that, it's some way to organise all the chaos in my life sort of thing and that chaos includes suicidal ideation.

- DISCHARGED attendee

HAVE YOU EVER THOUGHT ABOUT SUICIDE?
PEER SUPPORT AVAILABLE



PEER SUPPORT

We have open groups and groups specifically for trans, gender diverse and gender questioning folk.

- Online using Zoom
- In-person (Perth, WA)

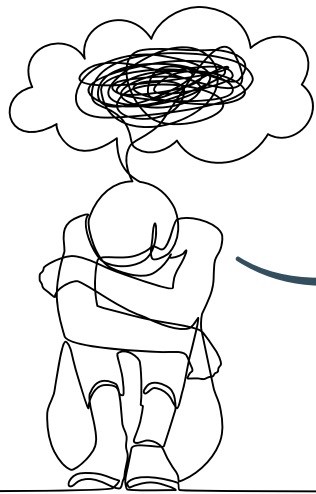
For more details visit our website discharged.asn.au or send us an email at info@discharged.asn.au



info@discharged.asn.au
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DISCHARGED
An Alternatives to Suicide Approach



ALTERNATIVES TO SUICIDE:

We use the 'Alternatives to Suicide' model that has operated in the USA for 10 years.

Key elements include:

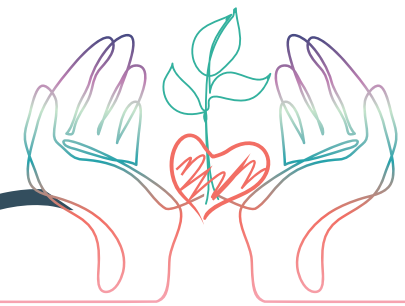
- A willingness to sit with people in deep distress and explore thoughts/feelings without jumping to clinical interventions.
- Only people with personal experience of suicidal thoughts or actions may attend.
- Facilitators openly identify with the experience of suicidal thoughts.
- No risk assessments.
- It's non-clinical & non-medical.
- No force or coercion.
- Runs in a community space.
- Group is based on 'self-help'.
- You don't have to be in a crisis to attend.
- No prerequisites or diagnosis needed.
- Confidential.
- No records kept (other than group numbers).



"There were times when even though I needed someone to talk to about my suicidal thoughts... those people [clinicians] would be the last people I want to talk to just because there was always that thought I might get a welfare check." - DISCHARGED attendee



DISCHARGED runs peer support groups for people experiencing suicidal thoughts or feelings. For more information visit our website discharged.asn.au or send us an email at info@discharged.asn.au



Why DISCHARGED?

Values from the Alternatives to Suicide charter were used to develop the acronym DISCHARGED which stands for Deserving of Inclusion, Support, Community, Hope, Authenticity, Respect, Growth, Empathy and Dignity.

The name which is also associated with the processes of leaving hospital, reflects a desire for alternative options to current crisis management systems that emphasise in-patient treatment.

The first DISCHARGED group began in May 2018.

CORE VALUES:

- Each person is honoured as the expert of their own experience
- Relationships are based in respect and curiosity rather than judgment or fear
- Culture of mutual respect, support and empathy
- Freedom to interpret one's own experiences in any way
- Freedom to challenge social norms
- Healing in community.



We acknowledge that our groups take place on Whadjuk boodjar. We pay our respects to the people of the Noongar nation and their Elders past, present and future. Always was, always will be, Aboriginal land.