



**DISCHARGED**

*An Alternatives to Suicide Approach*

# HAVE YOU EVER THOUGHT ABOUT SUICIDE?

## PEER SUPPORT AVAILABLE

DISCHARGED runs peer support groups for people experiencing suicidal thoughts or feelings.

- **FREE**
- **ANONYMOUS**
- **WEEKLY MEETINGS**
- **NO REGISTRATIONS**
- **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.

## OUR GROUPS

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](https://discharged.asn.au) or send us an email at [info@discharged.asn.au](mailto:info@discharged.asn.au)

