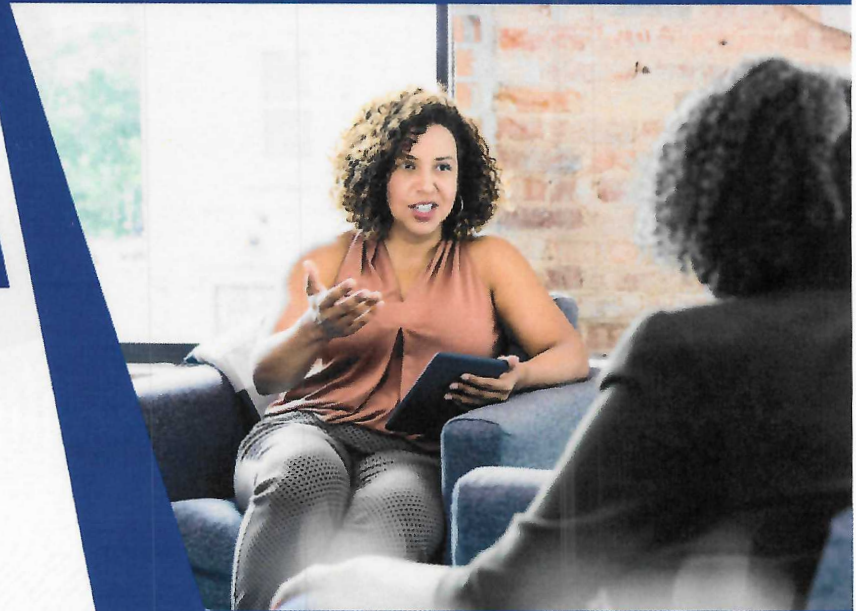




# ALTERNATIVES TO SUICIDE

## Peer Support Group

Alternatives to Suicide (Alt2Su) is a peer-based response to supporting people who have made suicide attempts, or who experience suicidal thoughts. Alt2Su provides an open space for dialogue and does not push unwanted interventions.



- \* Open to adults with personal experience of suicidal thoughts or attempts
- \* Free to attend
- \* No referral needed
- \* Non-clinical space
- \* Facilitated by individuals with lived experience

Sponsored by Indiana Association of Peer Recovery Support Services (IAPRSS) and Mental Health of America Indiana (MHAIA), Alt2Su is part of the national initiative to bring peer-led support groups to communities to reduce suicides, develop coping skills, and build support networks.

### Weekly Meetings to occur via Zoom



Every Sunday at 7:30 PM-ET  
Meeting ID: 834 9252 9685