



ECLIPSE Support Group

A group for suicide attempt survivors

Feeling a sense of acceptance, shared identity and hope are some of the benefits to why groups are so important.

ECLIPSE offers emotional support and explores coping strategies to help keep participants safe in the future.

The group is a safe space where participants can talk openly about their suicidal ideation and attempts with others who share similar lived experiences, regardless of whether it was recent or in the past.

For 8 weeks, starting on
Wednesday, 15th February 2023

4:30pm-6:30pm

Location: headspace Bankstown

FREE and open to young people
aged 16-25 years

To register your interest, scan the
QR code or enter the link:

form.typeform.com/to/ahGbonFP

