

# ECLIPSE 2023

A support group for people that have survived suicide attempts.



**Suicide**—it can be a hard word to say, let alone discuss in conversation.

In the Eclipse group we are not afraid to talk about suicide. We discuss how we got to the point where being dead seemed a better option than living. We have conversations about reasons to stay alive and about strategies that may be helpful in keeping us safe, so we can see a more hopeful future.

The group has a safe, non-judgemental atmosphere where you are able to talk about topics that you don't like to burden family and friends with.

## GROUP DATES

Afternoon 1pm	Tuesdays, 7 February to 28 March
Morning 10am	Thursdays, 11 May to 29 June
Afternoon 2:30pm	Tuesdays, 25 July to 12 September
Evening 5:30pm	Tuesdays, 10 October to 5 December

Meetings run for 2 hours, and each group runs for 8 weeks. Location and time for groups will be confirmed at enrolment as there may be changes to suit participants.

- No referral necessary
- Free of charge
- Highly trained facilitators
- Lived-experience peer support
- Internationally accredited curriculum



For more information

**Kelly Saidey**

Suicide Prevention and Post-Vention Manager

Ph: 02 6581 2800

E: [suicideprevention@lifelinemidcoast.org.au](mailto:suicideprevention@lifelinemidcoast.org.au)



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