

ECLIPSE

Support Group

For Suicide Attempt Survivors



ECLIPSE is a support group for adults who have survived a suicide attempt, regardless of whether the attempt was recent or in the past.



Lifeline
Saving Lives

Crisis Support. Suicide Prevention.

About the group

The group is a safe space where people can talk openly about their suicidal ideation and attempts with others with similar lived experiences.

The group also offers emotional support and explores coping strategies to help participants stay safe in the future.

The group is a closed 8 week group and it is important for participants to commit to attend each week if possible.

ECLIPSE is a support group, not therapy so it is recommended that participants have additional resources and supports outside of the group such as counsellors or therapists.

"I love the fact that we are all different and feel tied to each other. I don't feel abandoned anymore."

- Support Group Participant

To join a group contact Us



Phone: (02) 4645 7200

Fax: (02) 4645 7250

- Bankstown • Fairfield • Liverpool
- Macarthur • Southern Highlands

Email: suicideprevention@lifelinemacarthur.org.au

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