

Carer Support Group

A support group for relatives or friends who care for a person who is struggling with suicidality or has made a suicide attempt.

The Carer Support Group will be located in Chatswood.

**Feeling distressed? Lifeline provides confidential crisis support, accessible 24/7.
Call 13 11 14, text 0477 131 114 or chat
www.lifeline.org.au/crisis-chat**

A safe and confidential group to share and be supported with others who are caring for a person that may be struggling with suicidality.

Participants can share together their experience whilst learning new skills and ways of coping to increase their own wellbeing.

The Carer's Support Group will:



Run for six consecutive weeks in Chatswood on Tuesday evenings for 2 hours.



Provide a safe and comfortable space to share personal stories.



Be facilitated by experienced, accredited counsellors.

To learn more, please call or email our Group Services team on 8287 1158 or groupservices@lifelineh2h.org.au

Lifeline Harbour to Hawkesbury Sydney

4 Park Ave, Gordon NSW 2072

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www.lifelineh2hsydney.org.au



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