

# Alternatives to Suicide

## Peer Support Group



If you need a safe, judgement-free zone to discuss thoughts around suicide, NISA and SACY are now offering a peer-run Alternatives to Suicide Group. This is a supportive and confidential space where you will give and receive peer support as well as alternative strategies to help one another cope with difficult life circumstances.

**First and third Tuesday of each month · 6pm**  
36 Elgin Street, 2nd floor · wheelchair accessible

Open group, no registration required  
705.222.6472 · [info@nisa.on.ca](mailto:info@nisa.on.ca)

