



BLOOM

SUICIDE IDEATION
& SELF HARM
SUPPORT PROGRAM



SUPPORTED BY



Lifeline
MID COAST

What is Bloom?

Bloom is a confidential, supportive, and non-judgmental group for people who experience suicidal thoughts or use self-harm as a coping strategy.

It offers a safe, non-judgemental space to connect with others who have similar lived experience.

This 6-week program offers a safe space to connect, explore helpful coping tools, and feel supported by trained facilitators and peer workers with lived experience.

Bloom isn't therapy — it's a space to be heard, understood, and supported.

- ✓ A compassionate, non-judgemental space
- ✓ Safe, respectful conversations about suicide and self-harm
- ✓ Practical strategies for coping in healthier ways
- ✓ Connection with people who understand
- ✓ Highly trained facilitators
- ✓ Lived-experience peer support
- ✓ No referral required
- ✓ Free to attend

"Bloom helped me say 'I deserve better' and live as if I believe it"
- Bloom Participant -

How to participate?

Bloom participants meet for two hours each week across a six-week program.

As a closed group, members begin and complete the journey together, helping to build trust, consistency, and meaningful connection.

Please reach out to Lifeline Mid Coast for more info:



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