



ECLIPSE

SUICIDE ATTEMPT
SURVIVORS
SUPPORT PROGRAM



SUPPORTED BY



Lifeline
MID COAST

What is Eclipse?

Eclipse is a support group for people who have survived a suicide attempt.

It provides a confidential, safe and non-judgemental space to connect with others who understand through shared experience.

Together, we explore what helps us stay safe, find reasons to keep going, and build hope for the future.

Expectations.

Eclipse is a peer support group, not therapy. We encourage participants to have additional support outside the group, such as a counsellor or therapist.

Suicide can be difficult to talk about. At Eclipse, we create a space where these conversations are welcomed - openly and without fear. Together, we talk about what led us to dark times, what helps keep us safe, and what makes life worth holding on to.

Join our program.

The Eclipse group runs for eight weeks, with two-hour sessions held weekly. Sessions are held in person at Lifeline Mid Coast head office - 5 Sherwood Road, Port Macquarie.

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

Please reach out to Lifeline Mid Coast for more info:



02 6581 2800



lifelinemidcoast.org.au

For more information email admin@lifelinemidcoast.org.au