

I DIDN'T DIE, BUT...

A VIRTUAL DROP-IN FOR SUICIDE ATTEMPT SURVIVORS

EVERY FRIDAY @ 7PM

IF YOU HAVE SURVIVED A SUICIDE ATTEMPT AND ARE LOOKING FOR A PLACE OF ACCEPTANCE AND VALIDATION, DROP IN AND CHAT WITH OTHERS WHO HAVE HAD SIMILAR EXPERIENCES.

CONNECT WITH PEOPLE WHO AREN'T ASHAMED TO TALK ABOUT IT AND CREATE A COMMUNITY THAT IS FREE OF GUILT AND STIGMA, WITH A FOCUS ON WELLNESS AND RECOVERY.

DISCLAIMER: THIS GROUP IS STAFFED BY CERTIFIED PEER PROFESSIONALS AND SUICIDE ATTEMPT SURVIVORS AND FOR PEOPLE 16 AND OVER. THE "I DIDN'T DIE, BUT..." SUICIDE ATTEMPT SURVIVOR DROP IN IS NOT MEANT FOR PEOPLE WHO ARE ACTIVELY SUICIDAL OR IN A CRISIS. IF YOU ARE EXPERIENCING A CRISIS, PLEASE CALL 988 OR YOUR LOCAL COUNTY CRISIS NUMBER.



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