

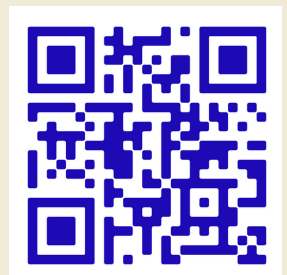


The Hope Program for Supporters

**A program designed for family and friends supporting
a person struggling with suicidal thoughts or actions.**

The program provides a safe and confidential space
to share and learn from others.

- Connect with others sharing a similar experience
- Learn new coping skills
- Increase your own wellbeing



Monday 11 May till Monday 22 June 2026

6 week program from 5:00pm–7:00pm in Chatswood.



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✉ groupservices@lifelineh2h.org.au



☎ 8599 4855

✉ fcmhinfos@uniting.org

