



Lifeline

Harbour to Hawkesbury
Sydney

ECLIPSE Support Group

The ECLIPSE support group is for those who have attempted suicide.

Suicide can be a difficult word to say, let alone be a topic of conversation. In the ECLIPSE group, we are not afraid to talk about suicide.

The group is a chance to meet and talk to others who have survived a suicide attempt and learn skills that may help you feel safe in the future.

Talk openly about the things you don't want to burden your friends or family with in a safe non-judgemental space.



ECLIPSE Support Group

- support after a suicide attempt

Lifeline H2HS runs two different groups for survivors of a suicide attempt:

- **An 8-week Eclipse closed group, with two start dates available**
- **A monthly Eclipse Support Group, available throughout the year**

We're not afraid to talk about suicide

Our facilitators are accredited Lifeline counsellors experienced in:

- **Suicide crisis support**
- **Suicide prevention education**
- **Support groups facilitation**

For support in a crisis, call 13 11 14, text 0477 13 11 14 or chat at lifeline.org.au/crisis-chat. If life is in danger, call 000.

For enquiries:
call **8287 1158** or email
groupservices@lifelineh2h.org.au



Lifeline Saving Lives

Crisis Support. Suicide Prevention.