# 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 15 June to Monday 20 July 2026**
**6 week program from 5:00pm–7:00pm in Chatswood.**

Lifeline
HARBOUR TO HAWKESBURY
SYDNEY

8287 1158
groupservices@lifelineh2h.org.au

Uniting

family and carer
Mental Health Program NSW

8599 4855
fcmhinfons@uniting.org