



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

Commencing Friday 2 May 2025 for 6 consecutive weeks from 12:00pm-1:30pm in Chatswood.

Scan the QR code to learn more:

Lifeline H2HS Group Services:

☎ 8287 1158 ✉ groupservices@lifelineh2h.org.au

Uniting Family and Carer Services:

☎ 8599 4855 ✉ fcmhinfons@uniting.org



Uniting



Lifeline
Harbour to Hawkesbury
Sydney