

Alternatives to Suicide Peer Support Groups



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The Empowerment Exchange

NYAPRS 35th Annual Conference 2017

Suicide:

“The act or an instance of taking one's own life voluntarily and intentionally”

- Merriam Webster Dictionary

-Suicide has existed since the beginning of human history



-*Approximately 44,000 Americans die from suicide each year

-*Average of 1 person every 11.9 minutes

*Statistics from the American Association of Suicidology (2015).

Suicide vs. Westernized Culture:

-Taboo to discuss → results in discomfort and fear

-Liability

Results in:

- Calling Crisis
- Forced Psychiatric Treatment
- Prescribed Medication
- Liberties Being Taken Away
- Shame and Judgement → Stigma



My Story:



Alternatives to Suicide Peer Support Groups:

-Founded in 2009 by the Western Mass Recovery Learning Communities

-Peer Based, No Clinicians

- Discuss feelings of suicide with folks who have 'been there'
- Confidential, nonjudgmental, and safe space
- No one calls crisis, diagnoses, or prescribes medication
- No assumption of illness



****What does feeling suicidal mean to you?**

- Learn how to navigate these very human feelings together

The goal is NOT to make the person stop feeling suicidal or to provide suicide prevention.
Instead, the goal is to explore deep feelings of despair with genuine curiosity and mutuality.

*Where can I attend an Alternatives to Suicide
Peer Support Group?*

Where: The Empowerment Exchange
2136 Burdett Ave. Troy, New York 12180

When: Tuesday Evenings from 5:30-7:00pm



**Contact Sarah at
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