



Finding Hope

Guidance For Supporting Those At Risk

July 26, 2022

9:00 a.m. — 12:00 p.m.

When someone in your life attempts suicide or experiences suicidal thoughts, it can be challenging to know how to best support them.

Finding Hope gives participants practical guidance, tools, resources and encouragement to support the person with “lived experience,” i.e., someone who has made a suicide attempt, or experiences suicidal thoughts. It also provides participants with self-care strategies to use as they help the person with lived experience navigate their recovery.

Program Details

Suggested Participants

Family members, close friends, and others who support someone with lived experience.

This program is not a support group, therapy or clinical services. Must be 18 years or older to attend.

Location

Rutgers UBHC

151 Centennial Ave

Piscataway, NJ 08854

Register

njfindinghopetlc.attendase.com

Questions?

AFSP NJ Chapter

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