



# Alt2Su

**EVERY 2ND AND 4TH WEDNESDAY  
1:00PM-2:30PM  
[AT] 2300 FERRY ST**

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**ALTERNATIVES TO SUICIDE (ALT2SU)  
IS A SUPPORT GROUP FOR ADULTS WHO  
HAVE EXPERIENCED SUICIDAL IDEATIONS OR  
ATTEMPTS. COME JOIN IN TO LISTEN, SHARE,  
OR JUST BE SURROUNDED WITH OTHERS WHO  
UNDERSTAND.**

*★ it's* **OK** *to* *★*  
**ASK** *for* **HELP**