



MRSPAG

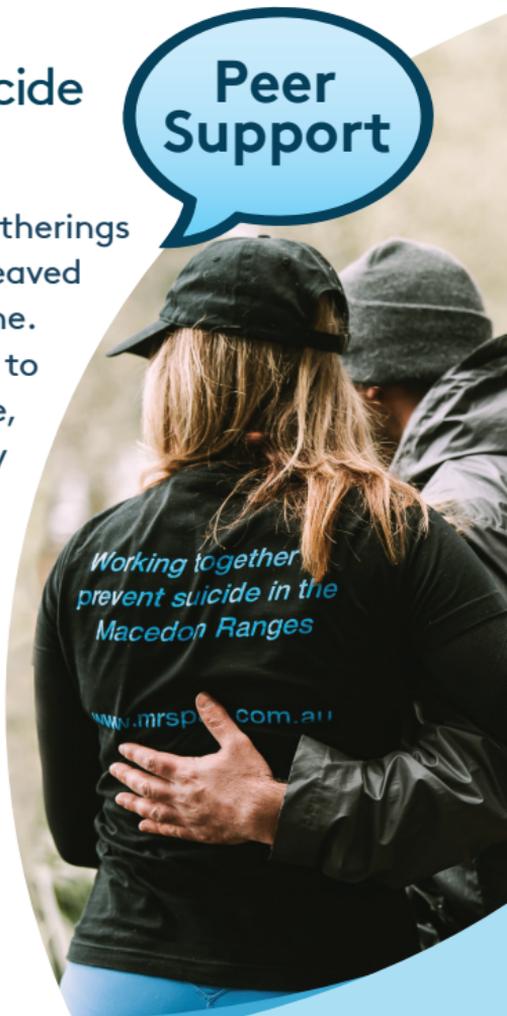
Macedon Ranges Suicide Prevention Action Group

Support After Suicide Macedon Ranges

Peer
Support

MRSPAG hosts monthly gatherings for those who've been bereaved by the suicide of a loved one. These gatherings are open to anyone impacted by suicide, and support people are very welcome.

We aim to create an empathetic and confidential environment that acknowledges the experience of each individual and their grief journey while building a sense of community and mutual support.



Gatherings are held on the 2nd Monday of each month from 7pm to 8.30pm and are led by trained peer supporters themselves bereaved by suicide. We gather alternating months online, and in person at the Newham Mechanics Hall 1292 Rochford Rd, Newham (opposite the CFA)

MRSPAG special events can include:

- Pub dinners
- Social gatherings
- Activities also include art and meditation
- Yearly BBQ
- Guest speakers



Learn more via mrspag.com.au/peersupport



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Further Resources

- **Jesuit Support After Suicide**
www.jss.com.au
- **Lifeline**
www.lifeline.org.au
- **Standby Support After Suicide**
www.standbysupport.com.au
0439 173 310
- **Mensline Australia**
www.mensline.org.au
- **Macedon Ranges Suicide Prevention Action Group**
www.mrspag.com.au
- **Suicide Call Back Service**
www.suicidecallbackservice.org.au
1300 659 487
- **Kids Helpline**
www.kidshelp.com.au

If it is an emergency call 000 immediately

For further information or queries, please email:

peersupport@mrspag.com.au



We have a library for adults and children available to borrow from, which focuses on grief and suicide.

 www.mrspag.com.au

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 @mrspag.com.au