

Working Together Through Crisis

**Supporting Safety,
Understanding, and
Hope for Caregivers**

**Offered Biweekly on
Wednesdays 12-1pm**

Virtual Meetings – Link will be emailed

Facilitated by: Meghan D'Alessio, LMHC-D
and Suzanne Garcia, Hospital Liaison

Hosted by Astor Services MHOTRS

Working Together Through Crisis is a 6-week psychoeducational group for caregivers of high-risk individuals of all ages who experience suicidal ideation or have a history of suicide attempts. This group focuses on increasing caregiver knowledge, confidence, and preparedness through education on suicide risk, safety planning, harm reduction strategies, communication skills, and caregiver wellness. The group emphasizes collaboration, compassion, and realistic approaches to supporting safety in the home.

Who Should Attend:

Parents, caregivers, and loved ones who want to learn practical, compassionate ways to support individuals experiencing suicidal thoughts and behaviors.

What You'll Learn:

- How to create a safe and supportive home environment
- Tools for developing a personalized safety plan
- Harm reduction strategies that promote hope and healing
- How to talk about suicide in a caring and age-appropriate way
- Tools to increase comfortability in talking about suicide and harm reduction
- How to advocate for the needs of your family
- Resources for ongoing support

Why It Matters:

Mental health challenges can affect anyone. This group offers a safe space to learn, share, and grow together—because every life matters.

**To register or
learn more, email**

mgallagher@astorservices.org



Together we can work to keep our loved ones safe and supported.

