

THERE IS HOPE

Ever just want to be able to talk about what's happening and not be afraid to share?? Come join others who live with the pain and want to share hope with each other without judgment or fear of reaction?

WHO IS IT FOR?

Survivors!!

Anyone who has ever tried to die by suicide and/or anyone living with thoughts/ visions/plans/dreams of suicide and just needs a place to talk about it, feel heard, and listened to!

SUPPORT

Suicide is messy for all involved. Who better to support survivors than survivors. SLOP gives survivors a place where they can find healing and support.

1:1 Peer to Peer Support
Group Support

INTENTIONALPEERSUPPORT.ORG



SLOP

SUICIDE AS
A
LANGUAGE
OF PAIN

CONTACT DETAILS

AWARE CONSULTING GROUP

awareconsulting.org

awareglobal.org



BY USING IPS,

SLOP MOVES THROUGH THE 3 PRINCIPLES AND 4 TASKS OF IPS, ALLOWING UNKNOWN OR HIDDEN STORIES TO BE DISCOVERED THAT MAY GIVE SOME PERCEPTION INTO THE TRUE SOURCE OF DEEP EMOTIONAL PAIN.

SLOP ASKS US TO DISCUSS SUICIDE AS A LANGUAGE OF PAIN, CHALLENGING THE ASSUMPTION OF A PROBLEM, OR NEEDING TO CHANGE.

SLOP ASKS US TO REMAIN CURIOUS BY MEETING PEOPLE WHERE THEY ARE. WHEN WE LISTEN AND MAKE CONNECTION.

WE CREATE AN AVENUE FOR TRUSTING RELATIONSHIPS. ALLOWS THE POSSIBILITY OF FINDING HOPE THROUGH CONVERSATIONS WHERE PEOPLE FEEL HEARD, VALIDATED, AND UNDERSTOOD.

AWARE USES THE MODEL OF INTENTIONAL PEER SUPPORT (IPS)

SLOP INCORPORATES THIS MODEL TO HAVE OPEN CONVERSATIONS ABOUT LIVING AS A SURVIVOR.

**LEARN MORE ABOUT IPS:
[WHAT IS IPS?](#)**



WHAT IS SLOP?

SLOP is a 90 minute designed by, facilitated by, and attended by survivors for survivors.

Its provides a space for individuals who come together to share experience strength and hope!

Many of us have learned to keep our experiences hidden, for fear of others

trying to "fix us", force us to take meds, going into the hospital, or putting our professional careers at risk.

As a result, we feel alone with no one to "Just Talk About It".