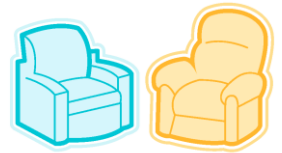
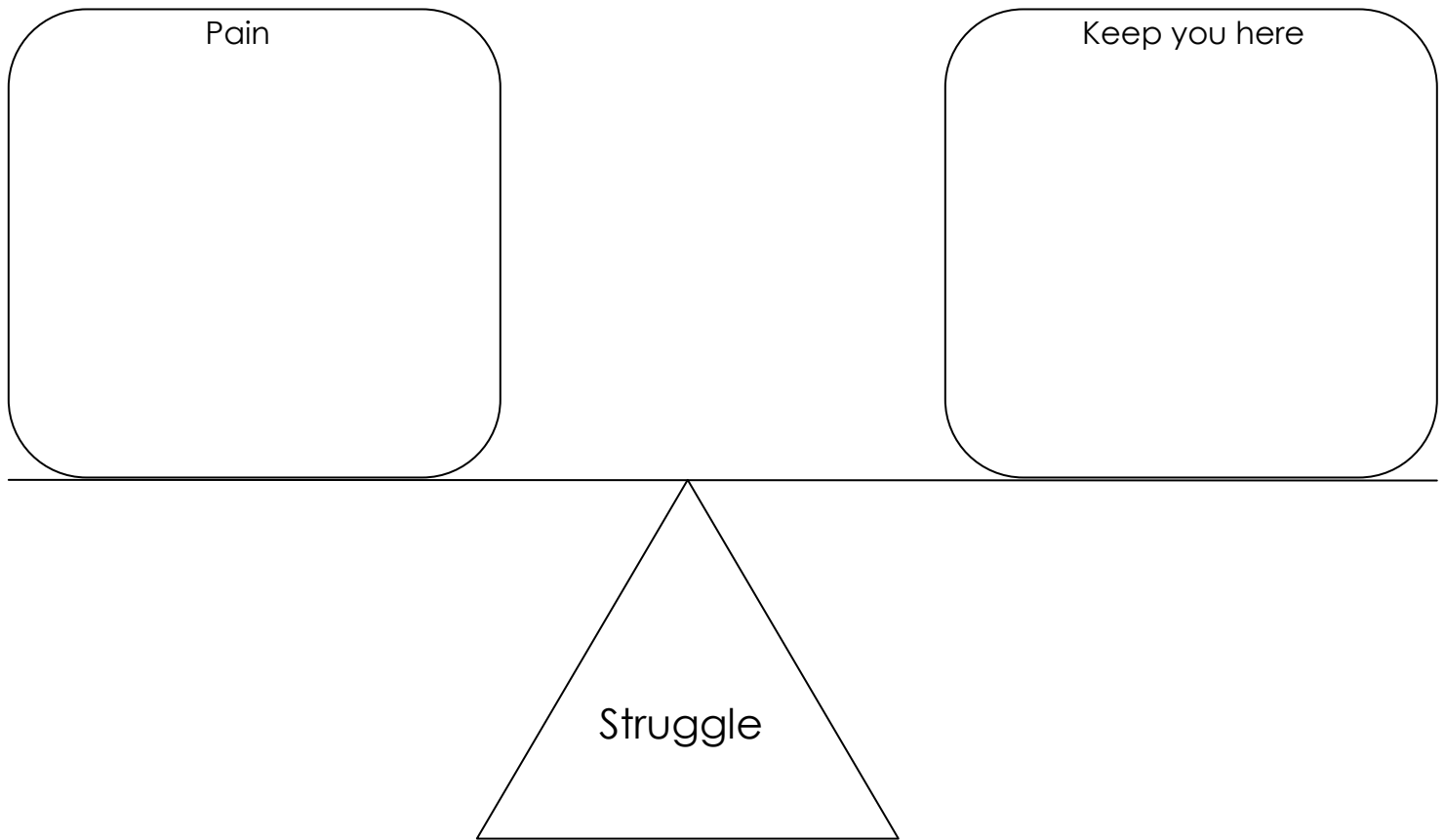


Ambivalence Exercise



PEER SUPPORT
CENTRE

We listen. Seriously.



Ambivalence: The struggle between wanting to live, and wanting to die, but ultimately its about wanting to end the pain.

P

I

E

S

- Safety Planning