



Frequently Asked Questions for Yarrow Collective Alternatives to Suicide In-person and Virtual Groups

How do I join the group spaces?

Our online adult group meets on Zoom every Wednesday of the month from 6:00-7:30 Mountain Time. The in-person group meets Sundays from 3:30-5pm MST at 525 W Oak Street in Fort Collins.

For online groups, the Zoom link is below. Email info@yarrowcollective.org for any questions/support requests.

Yarrow Collective is inviting you to a scheduled Zoom meeting.

Topic: Alt2Su Online

Join Zoom Meeting

<https://zoom.us/j/94720480841>

Meeting ID: 947 2048 0841

One tap mobile

+13462487799,,94720480841# US (Houston)

+16699006833,,94720480841# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Who is this group for?

Anyone ages 18+ who has lived experienced with suicidality, be that suicidal thoughts or suicide attempts. You do not need to be actively suicidal to come to group. If you've had suicidal thoughts at any time in your life, you would be welcome in our space. Observers such as media, students, providers, and anyone else wanting to come for any reason other than to explore their own experiences are not welcomed to attend out of respect for the confidentiality and safety of our community.



What can I expect when I go to a group?

Grab some snacks, take a seat & we'll start with a round of introductions, which usually includes names, pronouns & accessibility needs. Afterwards, we have open discussion to bring up any topics people are looking to process in the group space. No one is ever required to speak, and can even "pass" on intros if they just want to participate by listening. Groups are facilitated by two people with lived experience with suicidal thoughts or actions. During groups, we explore many topics, whatever is coming up for people, without judgment, and embrace curiosity over advice giving. Groups aren't only for talking about intense things! We also make jokes, laugh, and talk about the good stuff too. For online groups, we do not require videos to be on. The facilitators will have their videos on.

Do I need to register or sign up for anything?

Nope! Alt2Su groups are a drop-in space, meaning no registration is required and no sign-in sheets or intake forms are collected at the beginning of group.

Can I arrive late to a group?

While we are a "drop-in" space, it does disrupt the flow of the group to have too many people arriving late, so we ask that you do your best to be on time. That said, we know things come up and it can take a lot of courage / energy / spoons to come to a group, and we won't turn you away for coming late.

What do you mean by peer support & lived experience?

To have *lived experience* means to carry personal knowledge and understanding of navigating systems of oppression, marginalization, or distress, often rooted in one's journey with mental health, trauma, or substance use. This term reflects the idea that individuals who have faced these challenges possess unique and valuable expertise that can't be learned through textbooks or professional training. Lived experience challenges the dominance of medicalized and pathologizing views of mental health, serving as a foundation for envisioning care that prioritizes collective healing, self-determination, and autonomy, rather than control or diagnosis.

Within *peer support*, lived experience forms the basis of connection. Peer support emphasizes relationships built on shared understanding and mutual respect, rather than on power dynamics or "expert" knowledge. It shifts the focus from "fixing" to holding space for one another's stories, offering solidarity, and fostering hope through shared journeys. In peer support spaces, we can share about our experiences and emotions to be witnessed in



those experiences, trusting the confidentiality of the space, and with the shared agreement that we are all experts of our own experiences.

Can I bring a support person to group?

This space is intended for people who have lived experience with suicidal thoughts or actions, and it can be pretty disruptive to the group dynamic for people without that lived experience to come to our space. As such, we discourage people from bringing a support person without that lived experience to the group. If this is a barrier to you accessing our support groups, please send us an email so we can explore ways to make this group more accessible to you or research other support group options that might be a better fit for you. You can reach us at info@yarrowcollective.org.

Who are the facilitators? What training do they have?

Each Alt2Su group has at least two facilitators. All of our facilitators have lived experience with suicidal thoughts or actions, and some of us have lived experience with psychiatric diagnosis, problematic substance use, discrimination, or other life-interrupting challenges. We all completed the Alternatives to Suicide peer support facilitator training in July 2021 and are connected with a team of peer supporters from the Yarrow Collective for regular check-ins and “co-reflection” groups (the peer support equivalent of “clinical supervision”) to ensure we’re offering peer support in the best ways we can.

What do you mean by “this group is facilitated in the Alternatives to Suicide model”?

Alternatives to Suicide describes an approach to suicidality that focuses on connection and relationship-building among those who are struggling. This approach originated in the Western Mass Recovery Learning Community in 2009 (now called the [Wildflower Alliance](#)). Many people who experience suicidality are afraid to talk about it because of stigma, being blamed, or the potential of involuntary hospitalization. Alternatives to Suicide was developed to offer mutual support spaces where people can speak freely about this topic. The Alternatives to Suicide model emphasizes consent & choice, responsibility to (rather than over) others, responding to injustice, and healing in communities. **Learn more about the Alternatives to Suicide approach [here](#).**

Is this group therapy?

No, our facilitators are peers with their own lived experience and training for working in peer roles; they are not licensed therapists. This group is not meant to be a “therapy group,” but rather a mutual support group based on shared lived experience among other people who have navigated their own struggles with suicidality.



How many people tend to go to these groups?

Our in-person Alternatives to Suicide space typically has 6-9 people. Our online group space typically has 15-20.

Why are the groups only 90 minutes?

We keep our groups to 90 minutes to honor everyone's time and ensure clear expectations for start and end times. This structure helps participants plan their schedules confidently while creating a focused and intentional space for connection and discussion.

Whenever possible, we make decisions about group structure and timing through group consensus, while honoring the capacity of our facilitators and prioritizing transparency in how we operate. This ensures that the format supports the needs of the group while respecting individual commitments and boundaries.

What do the spaces look like?

Our in person group meets every week in "Prue's Place" in the Community Impact Center, which is in the basement of a brown building in downtown Fort Collins (525 W. Oak Street) that also houses United Way, the Alliance for Suicide Prevention, and a number of other nonprofits. We put a sign on the front door of the building with a number to text if you arrive late and need to be let in. There is a ramp entrance to the basement at the entrance on Whitcomb (west side of the building) which is closest to Prue's Place, so if you enter from there, you can knock on the door for a facilitator to let you in. There are also two gender neutral, single stall restrooms in the basement. The room itself has overhead lighting, one of which is on a dimmer switch, and we also have a lamp in the room and tend to keep the space more dim to accommodate folks' light sensitivities. There are cushy chairs we set up in a circle and room for a wheelchair or to walk around.

Who organizes the Alt2Su groups? What organizations are involved?

Alt2Su is organized by the Yarrow Collective: Peers of Larimer, a peer-run organization that seeks to connect peers to one another, education and resources to serve as a hub for peer support in Larimer County. Seeing a need for these support spaces in our community, the Alliance for Suicide Prevention donates their space for Fort Collins groups & supports in advertising.



**THE YARROW
COLLECTIVE**

PEER SUPPORT, EDUCATION & ADVOCACY

How is this group being offered at no cost?

Our Alternatives to Suicide adult groups (and our other support groups) are offered to the community at no cost through grants funded by Larimer County Behavioral Health Services Impact. We are always looking for additional funds and resources to make these groups sustainable long-term. If you would like to donate to Yarrow Collective to keep these peer support groups going, you can make a tax deductible donation through [our website at this link](#), or mail us a check at: 409 Mason Court Unit 129, Fort Collins, CO 80524. We appreciate your support.

Find the Yarrow Collective on Instagram & Facebook (@yarrowcollectivecolorado). If you have questions, email us at: info@yarrowcollective.org