LIGHT IN THE DARK

An In-person Support Group for Those Struggling with Suicidality

SOS Samaritans of Singapore

TOPICS COVERED

- Introduction & Sharing of Lived Experiences
- The Suicidal Mind
- Understanding Warning Signs
- Enhanced Coping Skills
- Strength and Hope
- Caring for Self

Venue:
Samaritans of Singapore
169 Jalan Bukit Merah,
Connection One Tower 2,
#03-20, Singapore 150169

Time: 7:30pm to 9:30pm

Scan the QR code to register and view dates for upcoming sessions.

Are you struggling with suicidal thoughts?

You don't have to navigate your struggles alone.

Light in the Dark support group provides a safe, non-judgmental space for individuals to share, listen and build connections through similar lived experiences with suicidality.

Find support and connection.

Register your interest for Light in the Dark support group via the QR code or visit: bit.ly/SOS-LightInTheDark

Samaritans of Singapore

THINGS TO NOTE

- Samaritans of Singapore's Light in the Dark support group is free of charge.
- No formal diagnosis is needed to join the Light in the Dark support group. However, a face-to-face intake session will be conducted to assess your suitability for the support group.
- Participants must attend all 6 sessions as the content across sessions are interconnected.
- The Light in the Dark support group is for anyone above 18 years old who is struggling with suicidality.
- While therapy/counselling focuses on individualised care with a professional, the Light in the Dark support group offers peer support in a group setting, guided by trained facilitators. It complements professional therapy/counselling but does not replace it.

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends. With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767
24-hour CareText: 9151 1767 (via WhatsApp)

For more information, please visit www.sos.org.sg.

Information accurate as of March 2026

@samaritansofsingapore