

HAVE YOU LOST
SOMEONE TO SUICIDE?

COPING AFTER SUICIDE

Suicide Loss Support Groups



Facilitators

Support group facilitators have lost someone to suicide, too, so they know the pain, questions, and complexity of losing a loved one to suicide. They are there to support others along the journey. The group is for anyone who's lost someone to suicide.

Support

New members are warmly welcomed. Even when everyone in the group shares certain things in common, there will always be a diversity of individual experiences. Often the most profound support ends up coming from the most unexpected source.

Topics

The facilitator has a structure and topics in mind for each meeting and sometimes you may be encouraged, but not required, to journal or complete other exercises in between meetings, but it's not like taking a course. There isn't a "curriculum" per se.

Confidentiality

In order for the group to feel emotionally safe, everyone needs to trust that what they share will be kept confidential and that everyone will be respectful of one another's privacy.

Every other Thursday 6-7:30 P.M.

For more information or to join the group
reach out to Susan at

308.631.4627 or sywhit63@gmail.com

LOCATION:
1517 BROADWAY, SCOTTSBLUFF, NE

You are not alone.

GET SUPPORT



<https://tinyurl.com/Support4Coping>

Join the group today.



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