

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.

### 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.

## SCOTTSBLUFF - IN-PERSON

This in-person group meets on the fourth Thursday of the month from 6:00-7:15 pm and is held at the PPHD office located at 18 West 16th Street. For more information, contact Susan at [sywhit63@gmail.com](mailto:sywhit63@gmail.com)

## VIRTUAL - PANHANDLE WIDE

This virtual group meets via Zoom the first and third Tuesdays of each month at 5:30 pm. For more information, reach out to Liz at [lmacdonald@pphd.ne.gov](mailto:lmacdonald@pphd.ne.gov) or 308-633-2866 Ext. 204

You are not alone.

## GET SUPPORT

Join a group near you.



To register, go to:  
<https://tinyurl.com/53j6hf7d>

Or scan the QR code



 <https://tinyurl.com/53j6hf7d>



Panhandle  
Suicide Loss  
Support Groups

