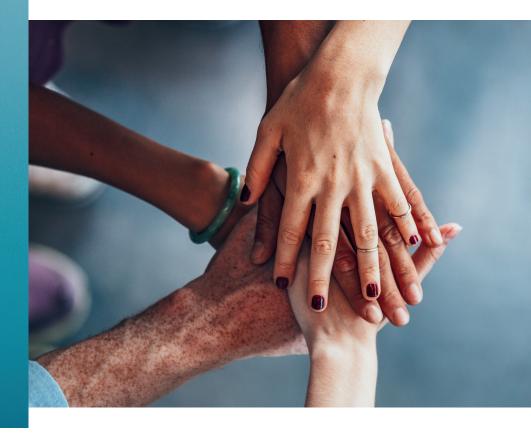
HAVE YOU LOST SOMEONE TO SUICIDE?

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 Support

New members are warmly welcomed. Even 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 information, 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 informátion, reach out to Liz at 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







