



# have you lost a loved one to suicide?

find hope here.

If you have lost a loved one to suicide, you are a survivor of suicide loss. A survivor is anyone who is impacted by loss to suicide.

When a person dies by suicide, the effect on survivors can be devastating. This type of loss involves a unique and complicated grief including shock, anger, guilt, depression, confusion, and shame.



**24-hour  
crisis line**  
1.866.4CRISIS(427.4747)

## 24-Hour Crisis Line: 1.866.4CRISIS

The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis



## Survivors of Suicide Six-Week Bereavement Group

This group is designed for those who are at least six months beyond the suicide and desire more support in a closed group setting.

### 2018 Sessions

Saturdays, October 6 - November 10, 12-2pm

\$200\*

Facilitator - Mark Niezgoda, msw

Crisis Connections Training Room, Seattle

\*A payment plan may be arranged and insurance may cover this cost. Limited scholarships may be available.



## Survivors of Suicide Drop-In Support Group

Crisis Connections also offers a drop-in support group twice a month for those who have lost a loved one to suicide.

### Drop-In Support Group

1st and 3rd Monday of the month, 6:30-8:30pm

Free

Facilitator - Mark Niezgoda, msw

Crisis Connections Training Room, Seattle

to register for one of our support groups, or for more information, please visit us at:  
[www.crisisconnections.org/support-after-suicide](http://www.crisisconnections.org/support-after-suicide)



**crisis  
connections**  
support • resources • training  
formerly known as crisis clinic

### Business Office

206.461.3210

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