



do you need support after suicide?

find hope here.

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.

Crisis Connections offers support services for suicide loss survivors based on their individual needs.



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 desire sequential support that addresses grief and loss in the aftermath of suicide and are at least six months from the suicide.

2019 Sessions: September 21 - October 26, Saturdays, Noon-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 & 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



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

Business Office
206.461.3210
crisisconnections.org





have you lost a loved one to suicide?

we've been there too.

Healing from a suicide loss can be a long and difficult journey, but you are not alone.

cc cares

CC Cares is a peer-based program for those newly bereaved by suicide from those who have been there.

You or a loved one - who is within six months of the death - can request a care package and/or a grief companion for support during this difficult time.



Care Package

Crisis Connections carefully crafts a care package that includes materials on grief after a suicide, as well as comfort items found to be helpful by other survivors of suicide loss

These care packages are currently available for free to families living in Washington State.



Companion Mentor

Our companion mentors are suicide loss survivors who offer phone-based support to those newly bereaved by a suicide death. We do our best to match the new survivor to our trained companions based on the relationship of their loss.

to request services from CC Cares, or to learn more, please visit us online at:
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