

Survivors of Suicide Support Group

"I ached for what I don't have."

"My heart ached for what my kids don't have."

A Day to Remember Annual September Balloon Release

Help us raise awareness about the problem of suicide and that help is available. Of those who die by suicide, 90% have a diagnosable illness, like depression. Many have substance abuse problems at the time of their death. Suicide results from a combination of painful suffering, trauma, desperate hopelessness, and underlying mental illness.

Join us in sharing this message through community events and initiatives.

Group facilitators trained by the
American Foundation for Suicide Prevention

See www.afsp.org for more survivor resources.

Visit www.mhrb.org or call
1-800-435-7968

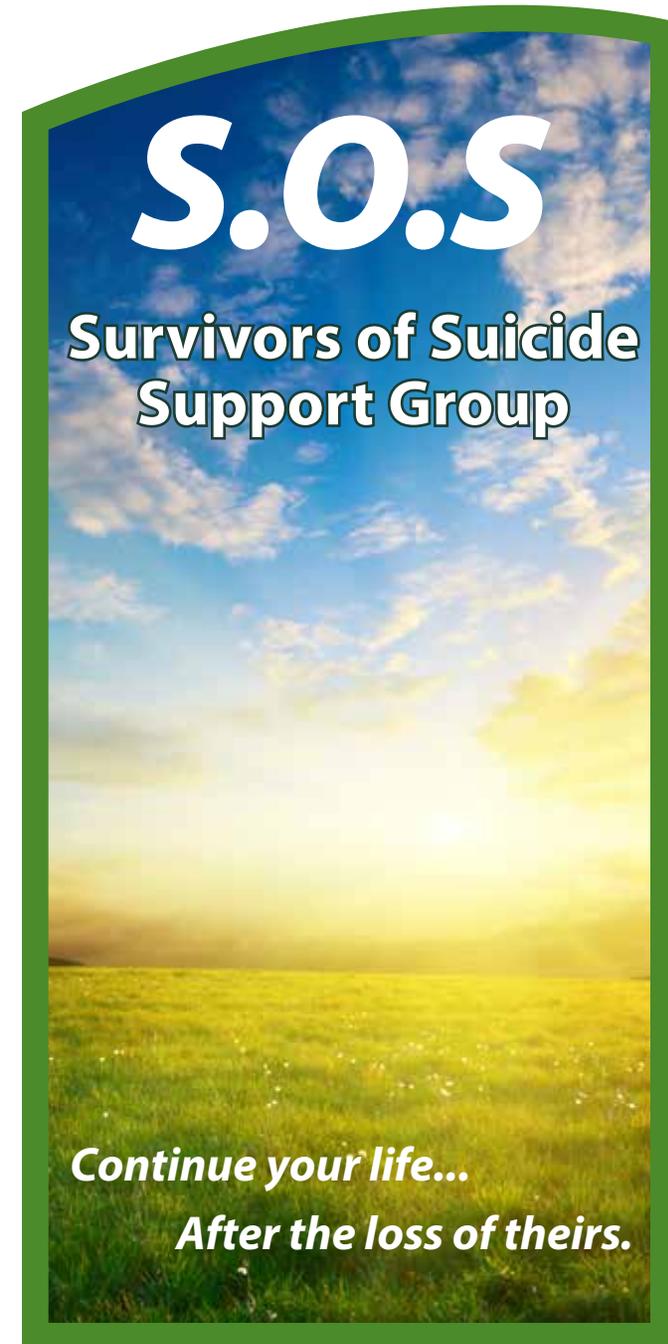
for information about local counseling and support services.



Mental Health & Recovery Board
of Clark, Greene & Madison Counties

Help for Today. Hope for Tomorrow.

Call 2-1-1 Information & Referral for more resources.



Remember, you are not alone.

Over 33,000 people die by suicide in the United States each year, leaving behind millions of devastated family and friends. Like you, other survivors try to cope with this tragic loss.

There is no timeframe for grief. It is ok to ask yourself, "Why?" as long as you need to.

Common feelings include:

SHAME - suicide is often poorly understood and some feel unfairly stigmatized.

GUILT - about the deceased and thinking, "If only I had..."

SHOCK - immediately after the death. You may feel numb or disoriented.

RELIEF - especially if followed by a long mental illness.

ANGER - towards the deceased, family members, a therapist, or yourself.

These reactions usually lessen over time as you are able to cope and begin to heal.

Support Group for Loved Ones Left Behind After a Suicide

MEETING:

2nd Wednesday of each month
7:00 PM - 8:30 PM

Clark County
Combined Health District
529 East Home Road
Springfield, Ohio 45503

American Foundation for Suicide
Prevention Approved Contact Persons:

Louise (937) 244-4661

Janice (937) 323-4666

Keith (937) 450-0521

**Leave a message and your
call will be returned ASAP.**

Even though it may be difficult, it often helps to reach out to caring friends and family. Individual counseling with a mental health professional can help you through your grief. Some survivors benefit from participating in community and religious or spiritual activities.

**Many find comfort in talking
to others who have also
suffered a suicide loss.**



**Support group participation
is confidential.**

It is important to remember that each person grieves at their own pace and in their own way.