

support group

Our group is for any adult who has lost a loved one—friend, partner, or family member—to suicide.

(However, the group is not for people who are currently at high risk for attempting or dying by suicide..)

We meet every other Tuesday evening and we're sponsored by Headquarters Counseling Center. There is no fee for joining.

healing after suicide

Members are people eager for the understanding of others who have lost a loved one to suicide. What is shared by participants remains confidential.



Marcia Epstein, the center's Director, meets with teens or adults seeking support or information. She will also suggest or loan books about suicide bereavement for children, teens, or adults. Call 785.841.2345.

after suicide

Each year in our country over 32,000 people die by suicide. In Douglas County we lose 10- 20 people to suicide each year. The number of people affected by these losses is huge, and the pain from these losses is huge.

Suicide is NEVER someone else's fault. However, it is so common to feel guilty, and to feel blamed by others.



healing

We can't take away the pain of your loss, but we can help you survive and heal. Sharing and listening to others who've walked in your shoes can truly make a difference.

support group

Group members come as often as they find helpful. Sometimes we share a meal instead of a "regular meeting." We have an annual retreat. Reaching out by phone, email, or in person between meetings is common.



For more info: call 785.841.2345 or email Marcia at me@hqcc.lawrence.ks.us



Healing After Suicide support group



841.2345

from Baldwin City, 888.899.2345

211 E. 8th Street, Suite C
Lawrence, Kansas

National Hopeline Network
800.SUICIDE

National Suicide Prevention Lifeline
800.273.TALK

www.hqcc.lawrence.ks.us

Beyond Surviving: Suggestions for Survivors of Suicide

from Iris M. Bolton, author of *My Son, My Son*



Know you can survive. You may not think so, but you can.

Struggle with "why" it happened until you no longer need to know "why" or until you are satisfied with partial answers.

Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.

Anger, guilt, confusion, forgetfulness are common responses. You are not crazy, you are in mourning.

Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's okay to express it.

You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.

Having suicidal thoughts is common. It does not mean that you will act on those thoughts.

Remember to take one moment or one day at a time.

Find a good listener with whom to share. Call someone if you need to talk.

Don't be afraid to cry. Tears are healing.

Give yourself time to heal.

Remember, the choice was not yours. No one is the sole influence in another's life. Expect setbacks.



If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.

Try to put off major decisions.

Give yourself permission to get professional help.

Be aware of the pain of your family and friends.

Be patient with yourself and with others who may not understand.

Set your own limits and learn to say no.

Steer clear of people who want to tell you what or how to feel.

Know that there are support groups that can be helpful, such as Compassionate Friends (for parents of a child who died) or Survivors of Suicide (for family or friends of someone who died by suicide) groups. If not, ask a professional to help start one.

Call on your personal faith to help you through

It is common to experience physical reactions to your grief, e.g., headaches, loss of appetite, inability to sleep.

The willingness to laugh with others and at yourself is healing.

Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.

Know that you will never be the same again, but you can survive and even go beyond just surviving.

