



Stories of hope from individuals who attend the Suicide Loss Survivor Support Group

Hello, my name is Sherri. I lost my dad, Larry (age 66), to suicide 12 years ago. I knew that my dad struggled with anxiety, but, unfortunately, I was not aware of the compound mental health issues he was dealing with. Suicide was never on my radar. When I received THAT phone call, to say I was blindsided is an understatement.

I started immediately looking for support. I attended Suicide Loss Survivor Support Group within a week after my loss. Walking through the door on the first night was definitely intimidating. However, I quickly learned that the group consisted of an incredible community of people who shared in this unique grief with compassion.

Suicide brought a lot of complex emotions that were difficult to talk about with friends and even family members. We each had a different relationship with my dad and different emotions around the loss. Being able to sit with the complex rollercoaster of emotions with others that "get it" - and to have my feelings validated, not judged - has been an important part of my healing process.

We have said it's the "best group you never wanted to be a part of." But if you have experienced loss by suicide, this group can provide an incredible sense of support, community, healing and hope.

Though I am 12 years out from my loss, I continue to attend group because I believe that this group is such an important component to the healing process of the unique loss by suicide. I hope to help provide support to those newer in this journey as they navigate their loss, just like others did for me. I am so thankful that Foundation 2 Crisis Services provides this safe space so we can each learn how to carry our grief as we move forward.

Sherri

Suicide Loss Survivor

One of the most challenging life situations is undoubtedly the loss of someone close to you by suicide. I know this as I lost my 16-year-old son to suicide in 2011. I miss Daniel every day.

In my experience, suicide is a very misunderstood form of death. It is often stigmatized by those who aren't familiar with its causes. Many people also don't understand the painful ramifications people experience when they must mourn the loss of those close to the suicide victim. And you read that correctly. I feel the one who ended their own life is indeed a victim.

Shortly after losing Daniel, I became aware of a support group for suicide loss survivors. You may also find yourself in need of support for all of the questions you might have. Many feelings can come with a suicide loss, regret, shame, anger, grief and blame. You may experience ruptured family relationships following a suicide loss. You will find someone at the Suicide Loss Survivor Support Group who has experienced those same feelings and experiences.

Taking the first step by coming to group might be the hardest part. We understand because we all have had to do that ourselves. Rest assured that you will find an accepting, understanding and sympathetic group of people with similar experiences. You are welcome to participate in group discussions or just listen and contribute at your own pace and comfort level. Please know that there are people who understand your immense loss and the group will stand with you on your grief journey.

Dave

Suicide Loss Survivor

After losing my loved one to suicide, I felt so lost and like no one understood. After attending Foundation 2 Crisis Services' Suicide Loss Survivor Support Group, I realized I wasn't alone. I could say out loud all those questions I thought were crazy and all it was met with was nods of understanding. I could cry freely and know that I was understood and supported. There are members of the group in all stages of grief. Some are new to this journey; others have been here a while. It is easy to find someone to talk to when you need to.

Also, our group extends to our private Facebook group where you can find someone from our group to talk to or just share to the group. This support group has been my anchor in the sea of grief.

Jennifer

Suicide Loss Survivor