

If you lost a loved one to suicide where would you turn?

Dear Anne,

There are thousands of people right here in Central Ohio impacted by a suicide loss each year. Together we are an instillation of hope to those bereaved by suicide, empowering them so they can thrive.

Here is a glimpse of Abby's story...

I lost my husband, Kevin, in September 2015 to suicide after he struggled to adjust to civilian life since leaving the military. The months following his death were an absolute blur. I was shocked, disillusioned, and deeply pained.

LOSS volunteers have been there for me since day one. Two women came to my house shortly after I received the horrible news that would change my life forever. It wasn't until almost 10 months later that I was ready for the support they offered. They didn't give up on me though. Through those awful months, they sent handwritten cards at each holiday or special day they knew would be difficult. This constant care, support, and love they offered with no expectations in return meant more to me than they will ever know.

By the time Kevin's birthday approached, I felt so alone. It felt like everyone had moved on with their own lives, but I was still intensely grieving his loss. I was starting to feel like a burden to everyone who loved me; I felt like everyone was sick of hearing about my grief. When LOSS sent yet another personal letter, saying they were thinking of me with Kevin's birthday approaching, it felt like someone remembered and knew how hard these special days are. That's when I reached out and was greeted with more understanding, love, and support than I knew was even possible in this trying season of my life.



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Since then, I have joined LOSS's scrapbooking support group, which is possibly one of the most healing things in my life. It gives me a chance to reminisce about how sweet, thoughtful, funny, and smart my husband was in a room full of people who also love someone they have lost to suicide.

I can't thank the volunteers at LOSS enough. They are without a doubt some of the most nonjudgmental, loving, kind, thoughtful, and brave people I have ever met. I am deeply grateful for this organization and I can honestly say I feel most at peace when I am talking with these wonderful people who are also walking the same treacherous journey. “

Together we support and equip suicide loss survivors as they integrate their loss into their lives; standing together as a connected community for suicide prevention.

Sincerely,



Denise Meine-Graham
Executive Director

We can't change what has happened, but we can comfort and help those left behind. Your donation will provide care baskets, outreach support, referral materials and other items to help those struggling with a tragic loss.

YES! I want to help a survivor of suicide loss.

Please accept my gift of:

- | | |
|---|---|
| <input type="checkbox"/> \$250 | <input type="checkbox"/> \$30 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> \$50 | <input type="checkbox"/> Please keep my gift confidential |
| <input type="checkbox"/> Please make my gift a Monthly Recurring Gift! | |

My gift is in honor of _____

Please charge my gift on my credit card Visa Mastercard AMEX

Card number _____	Security Code _____	Check # _____
Signature _____	Expiration Date _____	Please make checks payable to: Franklin County LOSS