

Am I ready to attend a Support Group?

Support groups are most beneficial to survivors who also have support from someone outside of the group. This may be a therapist, family member, and/or friend.

Consistency is important to create a sense of safety and stability for yourself and for fellow group members. Therefore, we strongly recommend if you are interested in joining a group, make the commitment to weekly attendance. Thus, it is important to determine if you have the time in your schedule for this.

Potential members are encouraged to have a self-care plan in place while attending group, to deal with emotions that may arise. This is often worked on with one's individual therapist, and can be part of the prep work for coming to group.

Self-care plans can include activities such as taking a walk, yoga, reading a book, arts and crafts, or spending time with friends, family or pets.

Thoughts of suicide are not uncommon for people personally impacted by a suicide loss. If you are struggling with suicidal thoughts or if you have made a recent attempt, it is very important to seek the support of a therapist before joining a LOSS support group. The material discussed and shared in group could be difficult to hear.

Crisis text line available 24/7: Text home to 741-741

Suicide hotline available 24/7: Call or text 988