

# Survivors of Suicide Support Group

 Last Sunday of Every Month

 6:00pm–7:00pm

 St. Paul's Lutheran Church  
321 N Park Avenue Medford, WI 54451



**This group is to support those impacted by the loss of a loved one; due to being the victim of suicide, survivor of suicide, or others that lost their lives due to substance abuse.**

The stigma of suicide and the painful emotions it engenders can leave survivors feeling isolated at a time when they need the support of others.

This is a safe space to sit and talk or just sit and listen. Do what feels right to you. Please don't feel pressured to talk right away. If you choose to discuss your loss or personal experience, it can give your friends and family the opportunity to support you in an appropriate way. This is a peer-based support group. Not a therapy group. Peer support is when people use their own experiences to help each other. Please do not interrupt or give advice unless asked. Please be courteous and respectful of other people's feelings and opinions.

Please respect everyone's privacy and feelings. "What's said in the group is kept in the group." What you hear during the group please keep confidential and private.

Questions?

Contact Heidi Haynes **715-965-6154** or **heidi\_haynes@yahoo.com**

## Who do I call for 24/7 help?

 Call **211** for information and community resources

 Call/text **988** for the suicide and crisis lifeline

 Call **911** for emergencies

**In Wisconsin,  
Help is 3 Numbers Away**



**UPLIFT WI**  
HERE WHEN YOU NEED AN EAR  
**534-202-5438**