

PHONE LINE COUNSELLING & SUPPORT

Manitoba Suicide Prevention & Support Line

Toll-free 1-877-435-7170
reasontolive.ca

Manitoba Farm, Rural and Northern Support Services

Toll-free 1-866-367-3276
Online counselling (supportline.ca)

Westman Crisis Services

204-725-4411 or 1-888-379-7699

EDUCATION & SUICIDE PREVENTION INFORMATION

S.P.I.N. (Suicide Prevention and Implementation Network)

204-578-2599
spinbrandon.ca

S.P.E.A.K. (Suicide Prevention Education Awareness and Knowledge)

204-784-4064 or 1-877-838-3610
klinik.mb.ca

CASP (Canadian Association for Suicide Prevention)

suicideprevention.ca

Monthly

SUPPORT GROUP MEETINGS

HOPE

For more information about the group, please call:

**Kim at 204-571-4183 or
kmoffat@klinik.mb.ca**

STAY HEALTHY. STAY CONNECTED.

You are not alone

BRANDON & AREA SUICIDE BEREAVEMENT SUPPORT GROUP



**For those grieving the death
of a loved one by suicide**

In Partnership with

 **Klinik** COMMUNITY
HEALTH

 **Suicide Prevention
Implementation Network**

SUICIDE GRIEF

Suicide grief is unique and often complex. The grief process following a suicide loss may be different from the grief that follows other losses.

Common Reactions to Suicide Loss

Each person experiences suicide loss differently. There are some common reactions however. They may include:

- Shock & numbness
- Deep sadness
- Depression
- “Why” questions
- Shame
- Guilt
- Anger
- Blame
- Relief
- Denial
- A shift in spiritual / religious beliefs
- Suicidal thoughts*

** Sometimes loved ones may experience the pain of the loss so deeply that they also experience thoughts of suicide. It is important to find help and talk about your thoughts and feelings. If you need assistance call the **Manitoba Suicide Prevention & Support Line at 1-877-435-7170**, talk to someone you trust, or get professional support.*

“When coping with the death of a loved one, what is often most helpful is to talk with someone who has already travelled that road. The support group can provide that help.”

Doug and Hazel Grossart
(Suicide loss survivors)

THERE IS HOPE. YOU ARE NOT ALONE.

The Brandon & Area Suicide Bereavement Support Group is made up of people who have “been there.” It is a safe place to ask questions, share stories and feelings, and find reassurance that as a survivor of a suicide loss, you can move forward.

The group is co-facilitated by a professional counselor and a peer support person (someone who has experienced the loss of a loved one to suicide).

Our goal is to support one another. We believe that together we can find help in healing our wounded hearts and hope in rebuilding our lives.



PRACTICAL SUGGESTIONS TO HELP YOU ON YOUR JOURNEY

- Take one day at a time. If that's too much, make it half a day, an hour, or even a minute.
- Find someone you can share your feelings with. Not everyone can handle intense emotions.
- Learn ways to cope when pain overwhelms you. Cry, walk, create things, or write in a journal.
- Say the name of your loved one out loud even if it makes others uncomfortable.
- Join a support group.