



Grief after SUICIDE

When we need help, taking the first step is always the hardest thing to do. The fear of being judged, the shame, the feeling that there is nothing more to do and the guilt are all factors that make it difficult to ask for help. **Being supported and taking this first step can make a huge difference in our recovery process.** **LeTournant** offers:

POSTVENTION SERVICES to:

- Help people understand what they are going through
- Provide support in the expression of their emotions
- Help start the grieving process
- Limit the negative impact on the person's environment
- Identify those at risk and intervene with them

a SUPPORT GROUP for bereaved survivors of SUICIDE:

- Intended for people 18 years and over who have experienced the death of a loved one by suicide
- 12 group meetings
- An individual evaluation meeting will take place prior to participation in the group



Crisis and suicide prevention center
450 371-4090 or 1 866 APPELLE [277-3553]
www.letournant.org