

Your life has been altered by the suicide of someone close to you. You're struggling with tremendous emotions and don't have anyone who understands. You are left to cope.

But you are not alone!

Help is available.



**Portage Path
Behavioral Health**

sponsors a support group called:

Survivors

for people who have lost someone to suicide



WHAT IS *Survivors*?

- A self-help support group whose participants have experienced a similar loss.
- A group for those who want comfort and understanding of others who know first-hand what its like to experience this loss.
- A group dedicated to helping people cope with their loss so they can survive this experience and get on with their lives.

WHY IS *Survivors* SO IMPORTANT?

After the death of someone we care about, we experience many emotions in important stages called "grief reactions." Sometimes these stages unfold naturally. Other times, we get stuck in one stage and can't move on. Our reactions are intensified and the pain only increases if we are unable to move through the stages of grief.

Survivors helps you move through the stages and on with your life.

If you are a survivor, some of the feelings you may be struggling with may include...

- DISBELIEF
- GUILT
- ABANDONMENT
- DISORIENTATION
- ANGER
- SHAME
- ISOLATION
- HELPLESSNESS
- DESPAIR
- DEPRESSION
- EMPTINESS
- STIGMA



These are normal, although unsettling, feelings. Sharing these emotions with others who understand can help you get through this time.

Survivors can help you ease the pain.

Call 330-434-9144

HOW CAN I HELP SOMEONE WHO HAS LOST A LOVED ONE TO SUICIDE?

- by listening and encouraging them to talk
- accepting their rage
- letting them experience their emotions, not bottle them up.
- suggest they call the Support hotline
- suggest they join *Survivors*.



"At every crisis in one's life, it is absolute salvation to have some sympathetic friend to whom you can think aloud, without restraint or misgiving."

—Woodrow Wilson

For more information on *Survivors*, call :

330-434-9144

Portage Path Behavioral Health

- Or -

330-762-3500

Andrea Denton, Group Facilitator

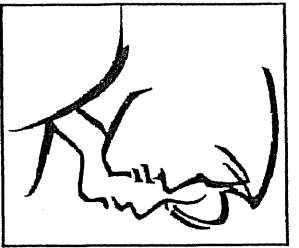
If you just need to talk to someone about what you're feeling and the struggles you are facing, call Portage Path's Support Hotline, 330-434-9144. This service is available 24 hours a day, 7 days a week, whenever you need it most. Support can help you through any crisis.



Portage Path
Behavioral Health

A Contract Agency of
the County of Summit
Alcohol, Drug
Addiction and Mental
Health Services Board





SURVIVORS

can help you cope with...

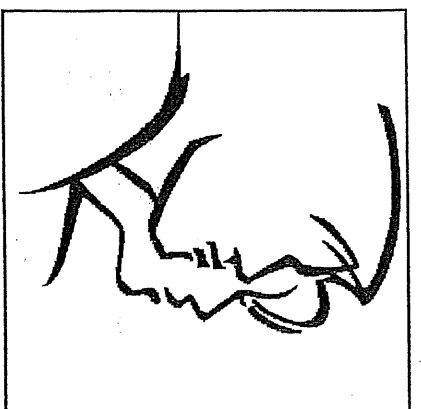
- explaining the death to others
- dealing with children
- altered lifestyles
- memories
- birthdays, anniversaries, and holidays
- emotions you wish you didn't have
- feelings you think you shouldn't have
- suicidal thoughts

MEETING TIMES

Survivors meets on the second and fourth Tuesdays of each month at 7:00 pm at Portage Path Behavioral Health, Akron Clinic, located at 340 South Broadway Street.

We welcome anyone who has lost a friend or loved one to suicide.
Call 330-434-9144.

portage path behavioral health
340 South Broadway St.
Akron, Ohio 44308



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