

Survivors

A support group for people who have lost someone to suicide



WHAT IS SURVIVORS?

A support group for those who want comfort and understanding from others and who know first-hand what it is like to experience this loss.

WHY IS SURVIVORS SO IMPORTANT?

If you are a survivor, you may be struggling with feelings like:

Disbelief Isolation
Abandonment Despair
Anger Depression
Shame Emptiness
Guilt Stigma

These are normal, but unsettling, feelings. Sharing with others who understand can help you get through this time. Survivors can help you ease the pain.

HOW CAN I HELP SOMEONE WHO HAS LOST SOMEONE TO SUICIDE?

Listen. Encourage them to talk. Accept their rage. Let them experience their feelings instead of bottling them up. Suggest they join Survivors. Let them know the Support Hotline is available 24/7.

WHEN DOES SURVIVORS MEET?

On the 2nd and 4th Tuesday of each month at 6:30 p.m. at Portage Path Behavioral Health at 340 S. Broadway St. in Akron.

FOR MORE INFORMATION:

Barbara Medlock at (330) 434-1214 x4106
Andrea Denton at Andreadenton12@gmail.com

FOR ADDITIONAL HELP (24/7, FREE, CONFIDENTIAL)
Support Hotline (330) 434-9144
Crisis Text Line: Text 4hope to 741741

Survivors Group is sponsored by Portage Path Behavioral Health and the Summit County ADM Board, and is free to attend.

