

## PHONE LINE COUNSELLING & SUPPORT

### **Manitoba Suicide Prevention & Support Line**

Toll-free 1-877-435-7170  
[reasontolive.ca](http://reasontolive.ca)

### **Manitoba Farm, Rural and Northern Support Services**

Toll-free 1-866-367-3276  
Online counselling ([supportline.ca](http://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](http://spinbrandon.ca)

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

204-784-4064 or 1-877-838-3610  
[klinik.mb.ca](http://klinik.mb.ca)

### **CASP (Canadian Association for Suicide Prevention)**

[suicideprevention.ca](http://suicideprevention.ca)

*Monthly*

# SUPPORT GROUP MEETINGS

# HOPE

For more information, please call:  
Elan at 204-573-7878 or  
[ehmjay1949@gmail.com](mailto:ehmjay1949@gmail.com)

## 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.