

“Carry on, my sweet survivor,
Carry on my lonely friend
Don't give up on the dream
and don't let it end.
Carry on, my sweet survivor,
though you know that
something's gone
Carry on.”

Peter Yaro



Survivor of Suicide Loss Support Group



242 Green Street, Gardner, MA 01440
(978) 632-3420 | www.heywood.org



**Montachusett Suicide
Prevention Task Force**
Providing Hope to Our Community

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We have developed on accepted norms, that there are no “right things to say” to comfort survivors when their grief is compounded by questions, confusion and self-doubt, or when denial or secrecy seems to be the only way to handle it. Just as the potential suicide victim struggles alone with a sense of hopelessness and despair, the grief-stricken may also suffer alone.

Following the death, unresolved feelings of anger, guilt, denial, shame, disbelief, and failure may cause dissention with the lives of families and friends for months, sometimes years.

Survivors of Suicide Loss is a group of people who have experienced, or are still experiencing grief resulting from a death by suicide. It is a place where many others can help you in your pain.

Survivors of Suicide Loss offers special support based on shared experience.

You will see others who have come to live happy and productive lives again. Though we never get over suicide, we become able to go on with life. We know there is hope.

This is a Peer Support Group open to anyone 16 or older who has lost someone to suicide. Meetings are led by a Peer Facilitator.

The grief over suicide is one of the most stressful and difficult of all grief processes to resolve. It may well be the heaviest burden we ever experience. Survivors of Suicide Loss offers a special support based on shared experience and knowledge.

For More Information

Please contact Peer Facilitator Brenda Melanson at Brenda.Melanson@heywood.org

For general inquiries contact the Heywood Hospital Mental Health Unit at 978-630-6377.

For more information about this program, please visit our website at www.suicidepreventiontaskforce.org or visit www.afsp.org and click on “Coping with Suicide Loss” for support, resources and education.

Meetings

Meetings are held on the second Wednesday of every month from 6:30-8:00 pm in the Community Education Conference Room near the Gift Shop.

