

Survivors of Suicide helps survivors learn about the grief process, reach out to others in need and share their feelings of sorrow, anger and guilt.

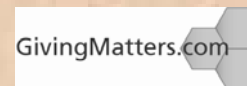
The Survivors of Suicide Program incorporates opportunities for counseling, peer-support, education and skill-building to help clients make choices that will have a positive impact on the health and well-being of themselves and others.



Other Services:

- Connecting Kids
- Community-based Counseling
- Davidson County Relative Caregiver Program
- The Crisis Center
- 2-1-1 Information & Referral Service
- Family Service Counseling
- Trauma Counseling
- Family Resource Center Programs
- School-based Services

Family & Children's Service Main Office:
201 23rd Avenue North | Nashville, TN 37203
New Client Services: 615-340-9731



STRENGTH TO FAMILIES

Strengthening Families since 1943

Survivors of Suicide

Free support and information to anyone who has lost a family member or friend to suicide



Survivors of Suicide (SOS)
Phone: 615-244-7444 or
615-320-0591 x 273

201 23rd Avenue North | Nashville, TN 37203
www.fcsnashville.org

Survivors of Suicide

If you have lost someone to suicide, **Survivors of Suicide** may help you cope with your loss.

The Survivors of Suicide (SOS) support group is for anyone who has lost a loved one to suicide. Meetings are held weekly in Nashville and Franklin, free of charge. Groups are led by trained staff and volunteers of the Family & Children's Service Crisis Center.

How SOS can help:

- SOS group meetings are open to anyone affected by a suicide.
- You are free to talk, or just listen.
- You are welcome to bring friends and family with you.
- You are encouraged to come no matter when the suicide took place.
- We know grieving is hard work and we will support your individual needs.



The American Association of Suicidology (AAS) states that each suicide puts an average of seven to eight friends or family members (known as “survivors of suicide”) at increased risk of suicide and mental health disorders. Because of the stigma associated with suicide, survivors do not always have the opportunity to grieve and mourn effectively.

SOS offers an environment in which members feel safe expressing and sharing intense emotions with others who understand and accept what they may be thinking and feeling. Participation in SOS helps individuals feel less isolated.

Experienced group members can help to instill hope in new members, and can guide them down the path of grieving and healing. It is our experience that individuals receive help through the process of helping other members.

The loss of a loved one to suicide is a tragic loss that complicates the normal grief process. Survivors left behind not only feel a sense of loss, but are also particularly vulnerable to feelings of shame, fear, rejection, anger and guilt.



Though we honor each client's story as unique, there is great strength to be gained from seeing the parallels between experiences. Individual group participants can also gain perspective from survivors who have experienced more time since their loss, seeing where they might be in a few weeks or months.

As one group member stated, “At first, I thought I was losing my mind. The **SOS** group was life-saving for me, literally.”