

GRIEF AFTER SUICIDE SUPPORT

Columbia, Tennessee

www.grief-after-suicide.com

We welcome you to our Grief After Suicide Support (GRASS) and discussion group, serving Maury County and all of middle Tennessee.

Our meetings are open to anyone who has lost someone they care about to suicide.

- **Date:** First Thursday of every month
- **Time:** 6:30 p.m. - 8:00 p.m.
- **Location:** Maury Regional Medical Center, 1224 Trotwood Avenue, Columbia, Tennessee)
- **Meeting room:** First Floor Conference Room (Turn right after the front elevator. The room next to the vending machine room.)
- There is no charge.

We are all fellow survivors, reluctant travelers who have lost someone we care about to suicide. We are not professionals or experts.

Some of us who attend may have begun this journey very recently. Our pain may be so raw, so intense, that we can hardly breathe. We may not know what we need, but we understand that connecting with others may hold a key to our survival.

Others may have experienced their suicide loss years ago. We appreciate the value of reaching out, sharing what has worked for us, and we offer an empathetic ear and understanding that you may not find elsewhere.

Why Should Anyone Attend a Support Group?

Suicide is not a single, quiet thing you do only to yourself. It is like pulling a pin on a hand grenade while you are surrounded by friends and family. ~ Paul Quinnett, Ph. D.

1. Suicide is a different type of death: sometimes unexpected, sudden, violent, senseless, against some religious beliefs . . . and self-inflicted, so grieving a suicide death will also be different from other grief.
2. Sometimes, it helps to speak with other people who have also lost someone to suicide, someone who may understand our feelings of guilt or self-blame, anger, disconnection, shame, shock, and even relief at times.
3. The social stigma that goes with suicide grief may make it difficult to talk about some of the painful issues that confronted deceased person with other people. Those in the group understand this and will listen without passing judgement.
4. Group meetings help people learn more about suicide so that they have a better understanding of what may have happened.
5. Group meetings can help people find positive ways to cope with a terrible tragedy.
6. Meeting others in a support group lets people know that they truly are not alone, that there are others who walk the same road.

For more information, contact:
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