

SUICIDE LOSS: LOCAL RESOURCES for WESTERN MASSACHUSETTS - 2021

SUICIDE BEREAVEMENT SUPPORT GROUPS (Updated February 2021)

These groups provide a safe place where survivors of suicide loss can share their experiences and support each other. Outreach visits are also available for newly bereaved families. Please post this information and share with others who may find it helpful. A nationwide directory of suicide loss support groups as well as resources can always be accessed at: <http://www.afsp.org/coping-with-suicide-loss/find-support>

Before attending a support group please call contact person to verify date and location.

GROUP LOCATION: Pittsfield, MA

Healing after Suicide Loss

Contact Name: Bertha Connelley, (413)626-0030, suicidloss@berkshirecoalition.org

Meeting Day/Time: 1st & 3rd TUESDAY monthly from 6:00 to 7:30 PM. (NOTE: Locations vary)

1st TUES Meeting Place: Contact suicidloss@berkshirecoalition.org or (413)626-0030 prior to mtg day

Unitarian Universalist Church, First room to the right inside entrance, 175 Wendell Ave, Pittsfield MA 01201

2nd TUES Zoom Virtual Meeting: Email suicidloss@berkshirecoalition.org to request ZOOM invitation details.

General Info: Peer (Survivor) Facilitated, No Fee.

GROUP LOCATION: East Longmeadow, MA

Survivors of Suicide Loss

Contact Name: Diana & Paul Lewis, (413)525-7752, DPROF52@aol.com

Meeting Place: Forestiere-Smith Funeral Home, 220 North Main St., East Longmeadow, MA 01028

Meeting Day/Time: 3rd Monday monthly from 7:00 to 9:00 PM.

General Info: Peer Facilitated, No Fee, Group does not meet on major holidays.

GROUP LOCATION: Northampton, MA

The Garden - Center for Grieving Children and Teens

Contact Name: Shelly Bathe Lenn, (413)582-5312, shelly_lenn@cooley-dickenson.org

Meeting Place: Cooley Dickinson VNA & Hospice, 168 Industrial Drive, Northampton, MA 01060

Meeting Day(s)/Time: Services offered to families as-needed

General Info: Peer/Professional facilitated, No charge but contributions appreciated.

SURVIVOR OUTREACH, Healing Conversations, AFSP Western MA

Contact: Jim McAleer, mcaleer2006@verizon.net, 413-734-3676

Request a Zoom call, email, phone or in-person visit by trained local volunteers who have experienced suicide loss.

- They will listen with compassion and offer reassurance that surviving a suicide loss is possible
- They will recommend helpful things to read, provide info about support groups and resources

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY:

It's the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. Always held on the Saturday before Thanksgiving. Visit survivoraday.org to find Survivor Day events near you.

NEED IMMEDIATE HELP? If you or someone you know is experiencing a Crisis:

Emergency - Please dial: 911

Suicide Prevention Lifeline: 800-273-8255 is available 24/7 or Crisis Text Line: 741 741

This list brought to you by Berkshire Coalition for Suicide Prevention (BCSP): www.berkshirecoalition.org