

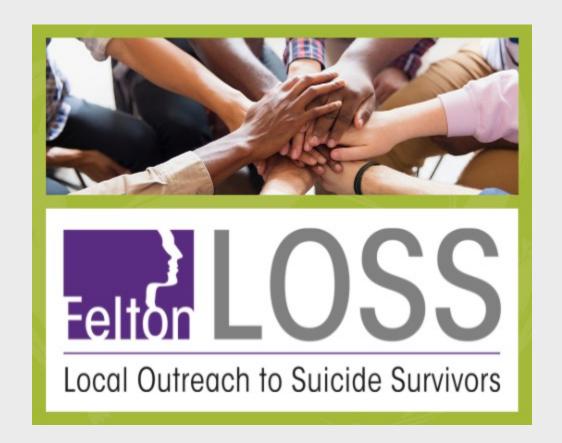
LOSS Team Postvention Support Program For 9 to 25

FELTON INSTITUTE

Sophia Balestreri, Program Coordinator and Emily Meyer LOSS Volunteer

Outline

- 1) Overview of LOSS
- 2) Support Groups
- 3) Q & A



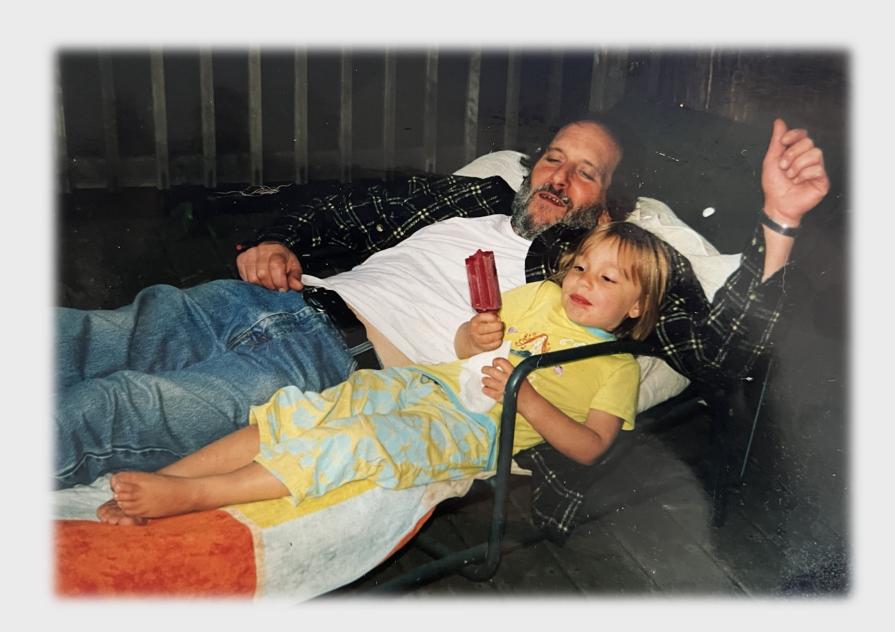
Caring Reminders

- Mental health and suicidality are very personal and can be emotional topics to discuss
- Many of us are survivors, who miss our friends, colleagues, relatives, and neighbors
- Some may be attempt survivors or may be thinking about suicide. If you are thinking about suicide, please reach out
- You shouldn't hold yourself responsible for something you didn't do/say in the past based on what you will learn today
- Please do not use a picture of the Golden Gate Bridge for your Zoom background
- Stay connected. 988 NEW Suicide Crisis line. Marin Suicide Prevention Hotline: 415-499-1100 or Crisis Text Line: Text MARIN to 741741



Why are we here?





What is Postvention?

Postvention is an organized response in the aftermath of a suicide to accomplish any one or more of the following:

- To facilitate the healing of individuals from the grief and distress of suicide loss
- To mitigate other negative effects of exposure to suicide
- To prevent suicide among people who are at high risk after exposure to suicide

- Suicide Prevention Resource Center

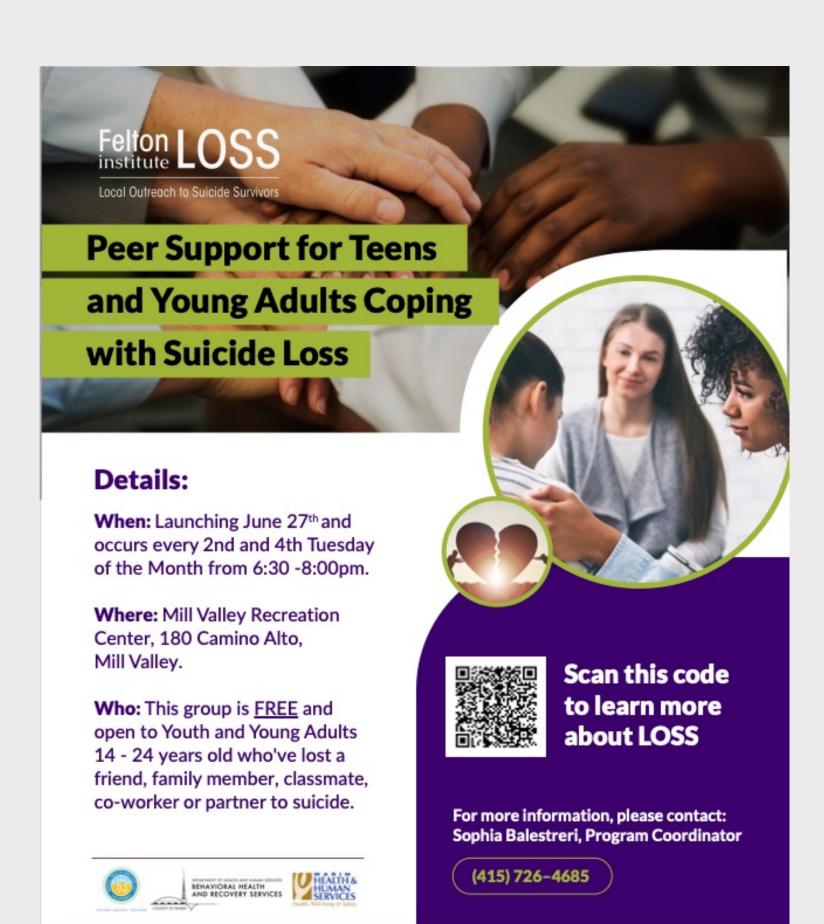


Postvention Support Program for Marin County

Provides 3 different programs:

- Direct outreach and peer support to survivors of a suicide loss within 48 hrs. of the suicide providing resources, connection and an installation of hope to the newly bereaved.
- Youth and Young Adults Support group to anyone who's been impacted by a suicide loss. Meets in-person twice each month and is on-going.
- Survivor of Suicide Attempt Peer Support Group (SOSA) for adults 18 and older. A closed group 8-week program.





If you are concerned for yourself or someone you know, please contact the Suicide & Crisis Lifeline 988 or text MARIN to 741741.

Youth and Young Adult Survivors of Suicide Loss (14 – 24)



Adult Survivors of Suicide Attempts SOSA (18 and older)





NEXT STEPS

If you are interested in any of our support groups.

Please scan the QR code or links in the flyers.

Complete the Interest Form

Schedule a Short Interview

