



# LOSS Team Postvention Support Program For 9 to 25

FELTON INSTITUTE

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Sophia Balestreri, Program Coordinator and Emily Meyer LOSS Volunteer

# Outline

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



# Caring Reminders

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- 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.

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Local Outreach to Suicide Survivors

## Peer Support for Teens and Young Adults Coping with Suicide Loss

### Details:

**When:** Launching June 27<sup>th</sup> and occurs every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the Month from 6:30 -8:00pm.

**Where:** Mill Valley Recreation Center, 180 Camino Alto, Mill Valley.

**Who:** This group is FREE and open to Youth and Young Adults 14 - 24 years old who've lost a friend, family member, classmate, co-worker or partner to suicide.



Scan this code  
to learn more  
about **LOSS**

For more information, please contact:  
Sophia Balestreri, Program Coordinator

(415) 726-4685

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)



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## HAVE YOU EVER ATTEMPTED SUICIDE?

## DO YOU FIND YOURSELF HAVING SUICIDAL THOUGHTS?

A NEW Peer Support Group for **Survivors of Suicide Attempts (SOSA)** is forming to create powerful connections to other survivors of suicide attempts and to bring *hope*.

### YOU ARE NOT ALONE. WE ARE GLAD YOU ARE HERE.

Our SOSA support group offers non-judgmental peer support for adults who are survivors of a suicide attempt. This group is **free** and open to participants 18 years of age and older.

PROGRAM COORDINATOR, SOPHIA BALESTRERI  
Felton Institute's LOSS Team  
Postvention Support Program

CALL (415) 726-4685

EMAIL [sbalestreri@felton.org](mailto:sbalestreri@felton.org)

Working in partnership with Marin County Health and Human Services, Behavioral Health and Recovery Services.



*Reach Out*

Please fill out our online interest form to learn more or become a participant in the new SOSA group



OR VISIT [SOSA](#)



# NEXT STEPS

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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





Time for  
Questions?

A stylized illustration of two hands. The upper hand is purple with a white palm and fingers, and the lower hand is green with a white palm and fingers. The hands are positioned as if holding something together. The background is a light blue and white geometric pattern. The text 'Thank you for joining us!' is written in white, sans-serif font in the center of the image, flanked by two horizontal white lines.

Thank you  
for joining us!