

# Survivors of Suicide Loss Support Group

**You recently lost a loved one to suicide.** Your feelings of grief, sadness, shock, isolation, anger, and guilt may seem overwhelming. You may wonder if you will ever recover. These are normal responses. There is help from others who, like you, have experienced this tragedy. We want to help you recover and, most of all, we want you to know that *you are not alone*.

This support group is open to all family members and friends of a loved one who has died by suicide. People of all ages, occupations, and religious affiliations are welcome. There is no fee, and you are welcome to attend as often as you would like.

For more details, please contact:

Jane Paine at 802-888-4651 (Lamoille Home Health) or [jpaine@lhha.org](mailto:jpaine@lhha.org) OR  
Monique Reil at 802-888-5026 (Lamoille County Mental Health)

Date: 3<sup>rd</sup> Wednesday of each month

Time: 6 pm – 7 pm

Held via ZOOM link

Contact Jane Paine for the link

If this date & time is not convenient for you, we can also provide a list of other Survivor of  
Suicide Loss Support Groups around Vermont.