

## SUICIDE LOSS: LOCAL RESOURCES for WESTERN MA

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### **SUICIDE BEREAVEMENT SUPPORT GROUPS** (updated Jan. 2016)

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: Peggy Morse, (413)441-6316, [peggyf@verizon.net](mailto:peggyf@verizon.net)

Meeting Place: Berkshire Children & Families, Family Resource Center, 480 West St., Pittsfield MA 01201

Meeting Day/Time: **1<sup>st</sup> Thursday** monthly from 6:00 to 7:30 PM. (Note new meeting day and location)

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](mailto:DPROF52@aol.com)

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

Meeting Day/Time: **3<sup>rd</sup> 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*

#### **Surviving After Suicide**

Contact Name: Geraldine Unger (413)203-1200, [sas4healing@gmail.com](mailto:sas4healing@gmail.com)

Meeting Place: Baystate Health, 325 King Street, Northampton, MA 01060

Meeting Day/Time: **2<sup>nd</sup> Wednesday** monthly from 6:00 – 7:30 pm.

General Info: Peer facilitated, No fee. Members must be 18 or over.

*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](mailto: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 Program, AFSP Western MA**

Contact: Jim McAleer, [clachtara@aol.com](mailto:clachtara@aol.com), 413-734-3676

You may request a phone call 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](http://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**

Call your Local Mental Health Crisis Team:

(In Berkshire County you can call the Berkshire County Crisis Team at: **413-499-0412**)

Call the Suicide Prevention Lifeline at: **1-800-273-TALK (8255)**

Call the Samaritans at: **1-877-870-HOPE (4673)**

This list brought to you by **Berkshire Coalition for Suicide Prevention (BCSP):** [www.berkshirecoalition.org](http://www.berkshirecoalition.org)