

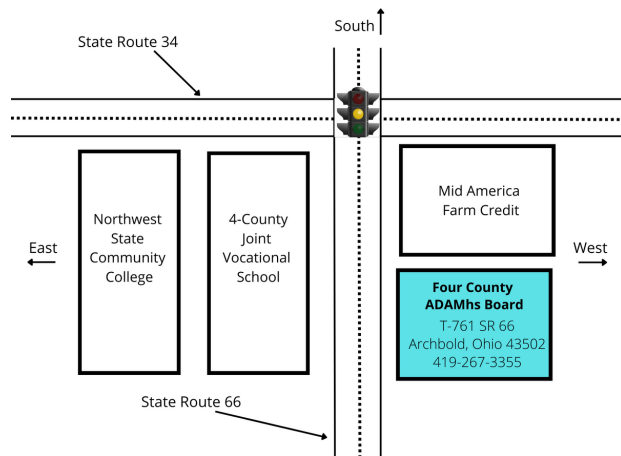
Four County Area Survivors Of Suicide Support Group

Support for those who've lost loved ones to suicide

People bereaved by a suicide loss often get less support because it's hard for them to reach out — and because others are unsure how to help. Trauma, stigma and the shock of losing a loved one to suicide, can make it difficult for survivors to get the support that they need.

Many find support groups to be a vital part of their healing process. While attending the first meeting can be frightening, those that do are welcomed into an empathetic environment, where free expression of grief is acceptable, confidentiality is observed, and compassion and non-judgmental support is provided.

Current Meeting Location, Dates and Times



All SOS Groups meet at:

**The Four County ADAMhs Board
T-761 SR 66, Archbold, Ohio**



Morning Group:
3rd Friday of every Month,
9:00am to 10:30am



Evening Group:
1st Thursday of Every Month,
7:00pm to 8:30pm

Questions? Contact the ADAMhs Board at 419-267-3355 ext. 3

"The group is comforting. It's strange, but I look forward to the group... to talk to people who understand the experience of losing a loved one. The support is real"

Tammy - Suicide Loss Survivor

