

Survivors After Suicide Loss

The loss of a loved one to suicide is one of the most painful experiences imaginable. The grief can feel overwhelming, but you don't have to go through it alone.

INDIVIDUAL AND FAMILY THERAPY

Losing a loved one to suicide is an incredibly isolating experience. Our team of compassionate, specially trained therapists offer a safe, non-judgmental space for individuals and families to process their grief and the complex emotions that come with it. We're here to help you cope with feelings of anger, guilt, and confusion, fostering resilience and guiding you through the healing process.

Therapy is available for anyone living in California.

BEREAVEMENT GROUPS

We offer support groups for both adults and teens who have lost someone to suicide. The Survivors After Suicide (SAS) groups are co-led by a suicide-specialized therapist and a survivor of loss who previously completed our program and facilitator training. Groups meet weekly for 90-minute sessions that promote healing and connection.

- **Eight-Week Program:** Meets once a week for eight weeks to support survivors in their grief.
- **Drop-In Groups:** Available weekly or monthly for those who have completed the eight-week program.

Groups are available virtually nationwide.



Get helpful insights and read personal stories from other survivors through [our newsletter](#).

Visit [DidiHirsch.org/News](https://www.DidiHirsch.org/News) or scan the QR code to sign up today!

SUICIDE LOSS DEBRIEFINGS

We offer grief processing and support for families, friends and colleagues affected by a suicide loss. These can take place virtually, or in person at schools, businesses, and more.

If you've lost someone to suicide, whether recently or in the past, help is available:

For Los Angeles County and other areas in California, call:

(424) 362-2911

For Orange County, call:

(714) 989-8311

CrisisCare.org

The Didi Hirsch Suicide Prevention Center has been pioneering suicide support services since its founding in 1958. Since founding the Survivors After Suicide support group in 1981, the first of its kind, thousands of people have found comfort in connecting with others who understand this unique loss. Our services are designed to support you through your journey and provide a safe space for healing.

If you or someone you know is in a mental health or suicidal crisis, **call or text 988** (24/7, free & confidential).

For teens seeking peer support, call Teen Line at **(800) 852-8336** or text **TEEN** to **839863**.

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