



## How much does it cost?

There is no cost to participate, as the STAR-Center is supported through a grant from the Pennsylvania General Assembly.

## When does the group meet?

The meetings are held on Wednesday evenings from 5:30 to 7:30 p.m. Sessions will be held in a classroom at Bellefield Towers, located in the Oakland area of Pittsburgh. Parking is free. Call or email us for group start dates and for more information.

**Please Note:** If necessary, groups may be held virtually.

## What if I cannot attend the current session?

We offer the SOS group 3 times each year. Call or email us for more information.



### STAR-Center of UPMC Western Psychiatric Hospital

100 North Bellefield Ave.  
Pittsburgh, PA 15213

Phone: **412-864-3346**

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## Survivors of Suicide (SOS)

A Support Group



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## What is the Survivors of Suicide (SOS) Group?

SOS is a support group for grieving family members and close friends of suicide victims. The group provides a safe place for survivors to deal with the painful questions and feelings that follow suicide. Members support one another while trying to understand the complex issues raised by this tragic death.

## Why is there a special group for suicide survivors?

Bereavement after someone close to you has died by suicide is a very difficult experience. The stigma of suicide and the painful emotions that result can leave survivors feeling isolated at a time when they need the support of others.

Because suicidal individuals have chosen to end their lives, loved ones are left to search for explanations. Bereavement can be a difficult and lonely journey.

## Who sponsors this program?

SOS is a service of the STAR-Center, a nationally recognized center for the prevention and treatment of suicide. Since 1986, the STAR-Center has supported family members and friends through community outreach, support groups, treatment, and educational programs.

## What happens at an SOS meeting?

Each support group is co-led by several experienced STAR-Center staff members. The group meets once a week for 2 hours in the evening, 8 weeks in a row. Group members have a chance to talk about their experiences and receive helpful information on how to cope with their loss. After 8 weeks, members may choose to attend a monthly “drop-in” group for support during anniversaries, holidays, and/or other difficult times. Experienced staff lead the

monthly group, which takes place on the 1<sup>st</sup> Tuesday of each month. You will receive more information at the end of your 8 week group.

We also help survivors find community support groups and specialists, resource materials, and support for younger survivors.

## How do I register?

Anyone 18 years or older may register by calling or emailing us.



### For more information, contact us at:

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