

This emotional roller-coaster can leave you feeling alone and isolated...

Family and friends may hesitate to talk to you for fear of adding to your pain.

Some people may avoid you because they are uncomfortable with issues associated with suicide.

The depth of your emotions may make it impossible for you to communicate with someone who hasn't felt your pain.

Although you feel alone, you're not. Suicide touches many lives...

Suicide affects young and old, male and female, rich and poor, educated and uneducated. There is no stereotypical suicide victim.

Want to learn more? Log on to our website:
www.samaritansri.org

Would you like to be a part of our Safe Place Buddy Program?

Have you attended Safe Place? If yes, then you know what a special gathering place Safe Place can be. Among your peers, you found support and understanding. With our Safe Place Buddy Program, past participants serve as meeting "hosts" so that newcomers are not alone. Safe Place meets each Tuesday evening at 6:30pm. For more information about the program, contact The Samaritans business line at (401) 272-4243.

Memorial Gift Program Available

Funds donated through memorials are used to maintain our Safe Place program and our 24-hour Suicide Prevention Hotline. For more information, call (401) 272-4243 and ask to speak with a staff member.

(The Samaritans Hotline/Listening Line is available 24 hours a day, 365 days a year—depending on the availability of volunteers within a 24-hour period.)



Someone you love has committed suicide...

Safe Place
A Peer Support Group for the Survivors of Suicide



Sponsored by:
The Samaritans
Rhode Island's Suicide Prevention
Resource Center

www.samaritansri.org

Survivors who have lost someone to suicide experience a range of conflicting emotions...

Guilt

You wonder if there was something you said or did to cause this.

You ask yourself whether there was something you could have done to prevent it.

Anger, Rage

You may blame yourself or someone else for the suicide.

You may be angry at the person who committed suicide for not talking to you, or for leaving you.

Confusion, Frustration

There may have been no warning that the person was thinking about suicide.

Grief, Pain

Nothing seems to make any sense and the pain won't go away.

You're not sure if you will ever be able to heal.

Stigma

You may think that family, friends, or co-workers feel differently about you since the suicide.

The Samaritans of Rhode Island offers you hope and a "Safe Place" to go.

Safe Place is a peer-to-peer bereavement support group for adults who have lost a loved one through suicide. It provides a supportive and compassionate environment for you to begin the healing process.

Established in 1981, Safe Place is facilitated by a volunteer from The Samaritans of Rhode Island.

At The Samaritans, we recognize the pain and anguish that death by suicide causes family members and friends. Sharing your thoughts with others who have had the same experience may help ease your grief.

Safe Place offers more than weekly support meetings. We also offer a yearly remembrance gathering for all those who have lost a loved one through suicide.

Just need to talk?
Call The Samaritans of Rhode Island
Crisis Hotline/Listening Line
(401) 272-4044
(800) 365-4044
We care... We listen... We help...

**Safe Place
Bereavement Support Group**

Every Tuesday evening
6:30pm to 8:00pm

at the
First Unitarian Church Parish Center
1 Benevolent Street
(at the corners of Benevolent
and Benefit Streets)
Providence, Rhode Island

The Samaritans Business Line
(401) 272-4243

Note: The Samaritans is not a licensed health care agency. All information provided and on www.samaritansri.org is general in nature. Do not rely upon any of the information for medical diagnosis or treatment. Please consult your primary health care provider about any personal health concerns. All care should be coordinated with a licensed primary care provider and a licensed mental health provider.