



# ***A Second Chance***

Eight-Week Support Program for  
Suicide Attempt Survivors

The time after a suicide attempt can be very confusing and filled with conflicting emotions. Many attempt survivors feel ashamed or guilty or even angry that they are still alive. Because of the stigma associated with suicide, attempt survivors often find it difficult to reach out. They feel isolated and alone and don't know where to turn.

Talking with others who have similar experiences can be an important part of healing after a suicide attempt. ***A Second Chance*** offers a safe, non-judgmental place for people to talk about the feelings that led them to attempt suicide, to talk about the impact their attempt had on their lives, and to build resilience by identifying resources and coping strategies for the future.

Our next eight-week session will begin in August, 2015 and will be composed of peers who have survived a suicide attempt. The same people will be in the session for the entire eight weeks; it is not a "drop-in" group. This model will allow group members to develop safe, secure bonds with each other, thereby improving their healing process. Each session will be facilitated by two Samaritan-trained volunteers – at least one of whom will be a suicide attempt survivor.

Sessions are free of charge. Participants must be at least 18 years of age. To attend the sessions, potential participants must complete a telephone interview prior to attending to allow the facilitators and participant to learn more about each other and to determine if the group may be an appropriate re-source.

For more information, or to schedule an intake, please contact:

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