

"This program is exactly what is needed for survivors of suicide loss. In the beginning we have the support and guidance of trained professionals. Then afterward, through monthly group meetings, we have seasoned survivors following up with us. We can also access help from the LASL group leaders and from CMHA as needed."

- LASL Participant

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Canadian Mental
Health Association
Prince Edward Island
Mental health for all

LIFE AFTER SUICIDE LOSS (LASL) PROGRAM

**A SUICIDE
BEREAVEMENT GROUP
DESIGNED FOR ADULTS
WHO HAVE LOST A
LOVED ONE TO SUICIDE**

LASL'S COMPONENTS

1. A Life After Suicide Loss (LASL) group co-facilitated by trained support staff from the Canadian Mental Health Association, PEI Division (CMHA-PEI). Each weekly meeting includes a topic or theme, discussions, activities and resources.

2. An optional, follow-up support group titled, "Side-by-Side" held once a month and co-facilitated by suicide loss survivors, with support from CMHA-PEI. This monthly group offers peer support to former LASL participants as they continue their grief journey.

TESTIMONIAL

"I was fortunate to be invited to be a part of the new LASL support group. The facilitators did an awesome job in leading us through the 9-week program, allowing us to share our grief and the different stages we go through. Regardless of how recent our loss was, or the relationship we had with our loved ones, we all connected ... nodding as someone described their feelings. It is a grief that only those of us who've been there could understand."
- LASL Participant

In a caring, confidential and inclusive group environment, trained facilitators offer support, encouragement and helpful information to participants as they journey through the shared experience of suicide loss.



"Hope Lanterns" created by LASL participants, symbolic of the hope and healing found in the LASL group.

TO REGISTER

This program is offered twice a year (spring and fall) and registration is required. To register for the next Life After Suicide Loss program or to learn more about this and other support options for those impacted by suicide loss, please call us at (902) 566-3034 or email Julia Ramsay: j.ramsay@cmha.pe.ca

OUTCOMES

HOPE AND REASSURANCE

The LASL Program can offer participants opportunities for hope and reassurance from skilled facilitators while journeying through the grieving process, as well as guidance to finding their own path of hope and healing.

SUPPORT

Participants receive support and understanding from others who have lost a loved one to suicide, while being guided through the grief process and challenged to change and grow.

KNOWLEDGE

Participants gain some understanding about suicide and suicide bereavement. They learn healthy ways to cope and express feelings about suicide loss, how to safely share their story of suicide loss with others, and how to address the stigma and isolation experienced as a result of suicide loss. Participants also learn to balance one's personal need for self-care with the needs of others.