



# washington support after suicide

A program for those in Washington State who have lost someone to suicide

## 1:1 Grief Companion Peers

Suicide loss survivors are paired up with a volunteer companion who has experienced a similar loss and is trained to actively listen and provide emotional support. Survivors and their companions have regular one-on-one phone contact over the course of a few weeks or a few months.

## Care Packages

We ship care packages to anyone who requests them after a loss. The package contents were curated by suicide loss survivors and include books, tea and mug, a candle, and other comforting items.

## Professionally-Facilitated Support Groups

Drop-in virtual support groups twice a month for those who have lost a loved one to suicide and reside in Washington State. Facilitated by a trained clinician, this is a place to share and build community.



[crisisconnections.org/wasas](https://crisisconnections.org/wasas)



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