

**YOU ARE NOT ALONE
WE KNOW THE ANGUISH...
WE'VE BEEN THERE**

We extend to you. . .

- H** healthy coping techniques through
- E** empathy and understanding reinforced by
- A** acceptance without judgment and affirmation of self-worth
- R** resolution of conflict and reinvestment in life
- T** truth....responsibility for this death must be allowed to rest with the one who made the choice.

For those wishing to pursue further goals
- B** be a “reach out” to new survivors
- E** effect public prevention education
- A** acknowledgment of suicide as a health problem of considerable proportion within our community
- T** transforming our recovery into positive action that will diminish the number of these deaths

HEARTBEAT

Is facilitated through the sponsorship of the



Canadian Mental Health Association
Prince George
Mental health for all

1152 - 3rd Avenue
Prince George, B.C. V2L 3E5

Contact:

Sandra Galletti
galletti@telus.net
250-961-9330

Meetings are held at
CMHA Office
1152 – 3rd Ave

3rd Monday of each month
6:30 pm

If the door is locked,
Please ring doorbell.

(on Holiday Mondays, please call for new date & time)

HEARTBEAT is affiliated with the American Association of Suicidology a national organization of mental health professionals and non-professionals who combine efforts toward the study and reduction of human self-destruction www.suicidology.org & Canadian Association for Suicide Prevention (CASP)



SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE THROUGH SUICIDE

SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE THROUGH SUICIDE

HEARTBEAT is Peer Support offering empathy, encouragement and direction following the suicide of a loved one.

SUICIDE IS A HARSH WORD

that has devastating significance for those who have suffered a loss as the result of it.

TO THE SURVIVOR

Suicide means the death of one dearly loved a death that is sudden and often violent, a death that is the result of a choice regardless of how futile, ambivalent, impulsive and unacceptable the survivor judges that choice to be.

THE GRIEF THAT FOLLOWS SUICIDE is extremely difficult. It is magnified, complicated and isolating
The survivor must grieve not only the loss, but also the choice that caused the loss.

YOU ARE NOT ALONE

HEARTBEAT was organized . . .

- ♥ To help survivors absorb the impact of the self-inflicted death,
- ♥ To offer the comfort of empathetic understanding and acceptance, and
- ♥ To support each other toward healthy resolution of the grief.

We Understand

We Accept

We Support

HEARTBEAT is a group for mutual support of those who have lost a loved one through suicide.

We understand the conflicts created for you by the cause of this death.

We acknowledge that normal grief reactions are intensified and complicated following suicide.

We relieve isolation by offering the empathy of other “nice people from good families” who have experienced the magnitude of this kind of loss.

We extend support toward resolving your feelings of ... responsibility, guilt, self-doubt, failure, rejection, stigma, shame, anger, hostility, religious fears and your search for answers.

We recognize that great strength and healing is gained by using one’s own painful growth in support of others.

**WE REALIZE THAT WE, TOO,
HAVE A CHOICE – TO GROW
BITTER OR TO GROW BETTER**

We cannot take away your pain, but we can share it in an atmosphere of love, acceptance and reinforcement and direct you toward healing through this very complicated grieving process

HEARTBEAT does not replace therapy. The healing achieved within these groups is the result of understanding, caring and encouragement among the participants.

We respect the need for privacy and confidentiality. What is shared there . . . stays there.

HEARTBEAT is not affiliated with any religious creed or denomination. We do, however, strongly encourage participants to renew and rely upon their own spiritual resources.



It Helps to Talk

It Heals to Share



To start a **HEARTBEAT** chapter or
To learn of Suicide Survivor
Support Groups in other areas
Contact:

HEARTBEAT Founding Chapter
2015 Devon Street
Colorado Springs, CO 80909
(719) 596-2575

Disclaimer: HEARTBEAT is not a substitute for professional mental health assistance. If you or someone you care about is suicidal, please call your physician, your local mental health agency, 911 or 1-800-SUICIDE