

Suicide Survivor Support Group

The loss of a loved one to suicide is devastating to families and close friends. These individuals, 'survivors of suicide', face unique questions and issues in grieving. Children and adolescents who lose a mother, father or sibling to suicide are particularly vulnerable to feelings of abandonment and guilt, and need support just as adults do. Surviving parents benefit from assistance for their children's sake as well as for themselves.

Responding to the need in our community to support and assist those who have experienced the suicide of a loved one, MHA offers a professionally facilitated support group for survivors.

Is It for Me?

The group is appropriate for adults (age 18 and older) whose loss has occurred within the past year. Individual discussions by phone or in person will help you know if this group is for you, at this time. If you choose, individual sessions may be helpful to you before joining the group, while participating in the group, or following its conclusion.

The current group is for adults, aged 18 and over. Future groups will be offered to help children and adolescent survivors of suicide.

What We Deliver

The group will provide support with the grieving process – the aspects that are unique to grief following a death by suicide and well as grief that is common among all who are bereaved. Often-experienced feelings of bewilderment, guilt, anger, shame, and isolation; will be addressed. The group will also provide assistance to understand and manage new stresses and challenges in family relationships.

The group provides the expertise of professional facilitators and the support that comes from participating with others who have a shared experience.

What Other Services for Survivors Does MHA Provide?

MHA provides individual sessions for those who are acutely bereaved and for those who choose not to participate in a group. Monthly drop-in sessions will be available.

MHA also provides community awareness and education about suicide.

Where

The group will meet one time per week for 8 weeks at our Mt, Kisco or at our Elmsford site. Monthly drop-in sessions will be available following completion of the

group. Groups will be co-facilitated by trained mental health professionals. Locations will include Mt. Kisco or Elmsford.

Northern Westchester Counseling Center

344 Main Street, Suite 301
Mount Kisco, NY 10549
914-666-4646

Click here for [How Can I Get Here?](#)

Sterling Center

2269 Saw Mill River Road, Building 1A
Elmsford, NY 10523
914-345-5900

Click here for [How Can I Get Here?](#)

When

For information about these groups please contact:
Betty McCorkle, LCSW at 914-666-4646 x 103 or by e-mail at McCorkIB@mhawestchester.org
Jenna Velez, LCSW at 914-666-4646 x 110 or by e-mail at VelezJ@mhawestchester.org

You may also contact MHA's Information and Referral Services by phone at 914-345-5900, extension 240, or by e-mail at help@mhawestchester.org for additional information.

Languages Spoken

Services are provided in English.

Cost

The fee is \$ 300 for the 8-session group.

Staff/Service Providers

The support group is facilitated by master's level certified clinical social workers (CSWs), and/or doctoral level psychologists (PhDs, PsyDs), who are specifically trained in this model.

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