

STAR-Center of UPMC Western Psychiatric

100 North Bellefield Avenue
Pittsburgh, PA 15213-2593

Phone: 412-864-3346
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Survivors of Suicide (SOS)

A Support Group



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What is the Survivors of Suicide (SOS) Group?

SOS is a support group for bereaved family members and close friends of suicide victims. The group provides a safe place for survivors to deal with the painful questions and feelings that follow suicide. Members support one another while trying to understand the complex issues raised by this tragic death.

Why is there a special group just for suicide survivors?

Bereavement after suicide is a profoundly difficult experience. The stigma of suicide and the painful emotions that result can leave survivors feeling isolated at a time when they need the support of others.

Because suicidal individuals have chosen to end their lives, loved ones are left to search for explanations. Bereavement can be a difficult and lonely journey.

Who sponsors this program?

SOS is a service of the STAR-Center, a nationally recognized center for the prevention and treatment of suicide. Since 1986, the STAR-Center has supported family members and friends through community outreach, support groups, treatment, and educational programs.

What happens at an SOS meeting?

Each support group is co-led by several staff including **Cynthia Baca, MSN** and **Kelly Monk, BSN, RN**, along with other experienced STAR-Center staff members. The group meets once a week for eight consecutive weeks. The group lasts for two hours in the evening. Group members have a chance to talk about their experiences and receive helpful information on how to cope with their loss. After the eight-week session, members may choose to attend a monthly "drop-in" group for support during anniversaries, holidays, or other difficult times. **Brian McKain, MSN**, leads the monthly group, which takes place on the first Tuesday of each month. You will receive more information at the close of your eight-week group.

We also help survivors with referrals to community support groups and specialists, resource materials, and support for younger survivors.



How do I register?

Anyone 18 years or older may register by calling **412-864-3346**.

How much does it cost?

There is no cost to participants, as the STAR-Center is supported through a grant from the Pennsylvania General Assembly.

When does the group meet?

The meetings are held on Wednesday evenings from 5:30 to 7:30 p.m. in a classroom at Bellefield Towers, located in the Oakland area of Pittsburgh. Parking is free. Please call **412-864-3346** for group start dates.

What if I cannot attend the current session?

We offer the SOS group three times each year. Just call us for the next schedule.

For more information, contact us at:

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