

Healing Words: speaking safely about suicide



What we say and don't say is important -- our words and stories can help people heal or put vulnerable people at risk. This community gathering will cover practical guidelines regarding how to talk safely about suicide based on national research. When those bereaved by suicide do not follow safe messaging guidelines, they can re-traumatize themselves and others.

The gathering will also address trauma, loss, grief and healing. A survivor of suicide loss will tell his or story using safe messaging. Information about resources for survivors of suicide loss will be provided.

An optional Healing Circle led by local faith leaders and/or traditional healers can close the gathering.

Program Highlights:

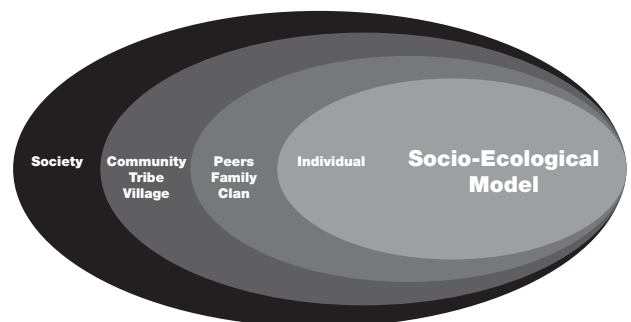
- How to talk about suicide and sudden death to promote healing
- The silence around suicide and consequences of not talking about it
- Suicide contagion and its connection to safe messaging
- The complexity of suicide-related grief
- How to support and talk with survivors of suicide loss
- A survivor of suicide loss telling his or her story

Length: 1 to 2 hours, including an optional Healing Circle led by local faith leader(s) and/or traditional healer(s)

Audience: The general public, professionals working in suicide prevention, survivors of suicide loss, members of the media.

Location: your community

For more information contact The Connect Program
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Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.