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Suicide Survivors: The Importance of Joining a Suicide Survivor Support Group

Suicide Survivors: The Importance of Joining a Suicide Survivor Support Group

by Kevin Caruso

Innumerable suicide survivors have told me that suicide support groups have been of immeasurable help to them. It is a place where they can go and receive support from people who can understand their pain.

And a suicide support group is not only a place to receive emotional support, but also a place to learn from other suicide survivors. Whatever you are going through, undoubtedly someone else has gone through the same thing, and thus they can give you insight into how to deal with any problems that you might have. They can give you something that a book cannot, real life experience from a person sitting right next to you.

And it is a "safe" environment. Because of the stigma that unfortunately still exists with suicide, it can be difficult to find people who really understand and are not judgmental. But because everyone else in the room has lost a loved one to suicide, there is not stigma.

And friendships can develop in which you will be able to meet, call, or e-mail people in the group whenever you are going through a tough time. And those relationships can

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Enter Your Email:

Suicidal?

Need Help Now?
Call 911

or
1-800-SUICIDE
(1-800-784-2433)

or
1-800-273-TALK
(1-800-273-8255)

or
Text Telephone:
1-800-799-4TTY
(1-800-799-4889)

Military Veterans
Suicide Hotline:
1-800-273-TALK
(Press 1)

Suicide Hotline
in Spanish:
1-800-273-TALK
(Press 2)

LGBT Youth
Suicide Hotline:
1-866-4-U-TREVOR

Click Below
For More
Suicide Hotlines

[Suicide Hotlines](#)

Bullying & Suicide
College Student Suicide
School Suicide Prevention Program
Elderly Suicide
Racism & Suicide
Gay & Lesbian Suicide
How to Help a Suicidal Person
How to Talk to Suicidal Callers
Suicide Survivors
Wall of Angels Suicide Memorials
Suicide Hotlines
E-mail Support
Media Guidelines for Suicide Reporting
Suicide Books
Links
Suicide.org MySpace
About Suicide.org
Team Suicide.org
Contact Suicide.org
Link to Suicide.org

prove to be invaluable.

I always strongly encourage suicide survivors to join a suicide support group. It is an extremely important part of the healing process.

If you are a suicide survivor, please do not hesitate to pick up the phone and contact a suicide support group in your area.

Click below for a directory of suicide support groups:

Suicide Survivor Support Groups Directory

If you or someone you know is suicidal, please go to the [Home Page](#) of this website for immediate help.

Thank you.

I love you.

Take care,

Kevin Caruso

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[How to Help a Suicidal Person](#)

[If Your Loved One Needs Hospitalization](#)

[Suicide Survivors Support Groups](#)

[Help & Comfort for Suicide Survivors](#)

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