



## SURVIVORS HELPING SURVIVORS

**You recently lost a loved one to suicide.** Your feelings of grief, sadness, shock, isolation, anger, and guilt may seem overwhelming. You may wonder if you will ever recover. These are normal responses. There is help from others who, like you, have experienced this tragedy. They want to help you recover and, most of all, they want you to know that *you are not alone*.

*Survivors Helping Survivors (SHS)* is a suicide loss support group open to all family members and friends of a loved one who has died by suicide. People of all ages, occupations, and religious affiliations are welcome. There is no fee, and you are welcome to attend as often as you would like.

### SUPPORT GROUPS

MHA offers the following support groups in the Greater Milwaukee area. For more information, contact Leah Rolando, Suicide Prevention Specialist, at 414.336.7970 or email [lehr@mhawisconsin.org](mailto:lehr@mhawisconsin.org)

#### **South Side Group**

Date: 2nd Tuesday of each month  
Time: 7 to 9 p.m.

Location: Aurora St. Luke's Medical Center, Health Science Building, #1, Room H (lower level)  
2901 W. Kinnickinnic River Parkway, Milwaukee, WI 53215

#### **North Side Group**

Date: 1st Wednesday of each month  
Time: 6 to 8 p.m.

Location: Rogers InHealth, 4555 W. Schroeder Dr., Suite 185, Brown Deer, WI 53223

#### **NEW! East Side Group**

Date: 4th Tuesday of each month  
Time: 6:30 to 8:30 p.m.

Location: Jewish Family Services, 1st Floor, Room #10 (Enter from Jackson St.)  
1300 N Jackson St, Milwaukee, WI 53202

#### **Waukesha (sponsored by NAMI Waukesha)**

Date: 2nd Tuesday of each month  
Time: 6:30 to 8:30 p.m.

Location: NAMI Waukesha, 217 Wisconsin Ave., Suite 300, Waukesha 53186  
For additional information: Mary Madden at NAMI (262) 524-8886



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