

Hope & Healing

...is an informal "open" support group. It offers the opportunity for sharing, support, and encouragement for anyone needing to find hope and healing after a suicide attempt.



We are here to help

Meetings are held monthly at the MHA office in South Greensburg:
2nd & 4th Monday of every month from
6:00PM - 7:30PM

*For more information, call:
Heather McLean (724) 834-6351
Ext: 126, hmclean@mhaswpa.org*



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**Hope & Healing
SUPPORT
GROUP**

Finding hope and support for those recovering from a suicide attempt



To the Suicide Attempt Survivor

We are glad you are considering joining the group. In doing so, you have taken a step forward. Suicide is a topic we take seriously but are not intimidated by. This is a safe place to talk about suicidality. We are here to support each other, not to judge. We want to create an environment that is safe and open to everyone. People benefit from the group differently. Some people feel relief just talking and sharing; while others want something more concrete in the way of skills. We've tried to incorporate both of these aspects into the group.

THERE IS HOPE

Society still attaches a stigma to suicide, and it is largely misunderstood. Often times, you may encounter blame, judgment, or exclusion.

WE ARE HERE TO HELP

There are many feelings after experiencing an attempt; you may be glad you survived, you may be angry you are still here. You may be feeling both of those things at the same time.

You may still have thoughts about killing yourself. That's OK.

YOU ARE NOT ALONE

OPEN

Don't think you're alone
Just reach out your hand
There are more people than you think
That really understand

They want to hear your story
They want to share your pain
They want you to understand
You are not to blame

Open your mind
And open your heart
Share it with others
It's a good place to start

It won't change the past
Your loss will still be there
But the pain seems a little lighter
Knowing someone cares

-Cheryl Miller

Local & National Resources

[Westmoreland County Behavioral Health and Developmental Services](#)

(724) 830-3617

www.co.westmoreland.pa.us

[Westmoreland County 24hr Crisis Line](#)

1-800-836-6010

[Excelsa Health Walk-In Crisis Center](#)

532 W. Pittsburgh Street,
Greensburg PA 15601

(724) 832-4465

[24 Hour Crisis Text Line](#)

741741

[American Foundation of Suicide Prevention](#)

1-888-333-AFSP afsp.org

[National Suicide Prevention Lifeline](#)

suicidepreventionlifeline.org

1-800-273-TALK

[Ray of Hope](#)

rayofhopewestmoreland.org

[Office of Mental Health and Substance Abuse](#)

PO Box 2675

Harrisburg, PA 17105

(717) 787-6443