



## Resources to Help Families after a Suicide

### Pathways Center for Grief & Loss

<http://www.hospiceandcommunitycare.org/about-pathways/> Call Elaine Ostrum for details about a suicide loss support group (717) 391-2413

### Support Groups through Mental Health America

<http://www.mhalancaster.org/need-help/support-groups/>

#### **Survivors of Suicide Loss Support Group**

*Peer-led group for those who have lost someone close to them by suicide*

1st & 3rd Thursdays 7:30 PM – 8:45 PM St. Peter's Lutheran Church

10 Delp Road, Lancaster, PA 17601

Contact: Kevin Eberle, 717-394-3541 or [eclipse5694@aol.com](mailto:eclipse5694@aol.com)

#### **Parents of Suicide Loss Support Group**

*Peer-led group for those who have lost a child to suicide*

1st & 3rd Tuesdays 7 PM – 8:30 PM St. James Catholic Church

505 Woodcrest Avenue, Lititz, PA 17543

Contact: Dawn Khamvongsa at 717-625-0010 or [dkhamvongsa7@gmail.com](mailto:dkhamvongsa7@gmail.com)

### Additional Resources

The Lancaster County Suicide Prevention Coalition (a program of Mental Health America):

[www.stopsuicidelancaster.org](http://www.stopsuicidelancaster.org)

The DES Foundation: [www.walkfordes.org](http://www.walkfordes.org). Annual Memorial Walk each September to support families who have lost a loved one to suicide

### Lancaster Osteopathic Health Foundation

128 East Grant Street, Suite 104, Lancaster, PA 17602

717-397-8722

[info@lohfoundation.org](mailto:info@lohfoundation.org)

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