

Remember, you are not alone!

Over 13,000 people die by suicide in Kenya each year, leaving behind millions of devastated family and friends. Like you, other survivors try to cope with this tragic loss.

There is no timeframe for grief. It is okay to ask yourself, "why?" as long as you need to.



PREVENTING SUICIDE,
REDUCING ITS IMPACT

Survivor of Suicide Loss Support Group

Online sessions-Every Thursday
4.00pm-5.30pm

Physical sessions-Friday Bi-weekly
4.00pm-5.30pm

Common feelings include:

SHAME- Suicide is often poorly understood and some feel worried about whether to tell other people the truth of how their loved one died, for fear of being judged.

GUILT-Wondering whether there was something you missed or something you could have said or done. The "if only" question.

SHOCK-Immediately after the death. You may feel numb or disoriented.

ANGER-Towards your deceased loved one, family members, a therapist or yourself.

RELIEF-Especially if followed by long mental illness.

It is common to have some of these feelings as you cope with suicide loss.

Get In Touch With Us



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CALL US

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Have You Lost A Loved One To Suicide?

*Survivor of suicide loss
support group*



Continue your life...

After the loss

Of theirs

Are you a survivor of suicide loss?

This expression is used to refer to the family and friends left behind after someone dies by suicide. Survivors are some of the strongest people we know. If you have survived a suicide loss, we are here to help find a way to move forward through the grief and emptiness. **You are not alone.**

Difficulties faced by survivors

Suicide is one of the cruelest deaths for survivors. Besides the usual grief, there is the pain and shock of sudden and violent death.

May not receive typical support

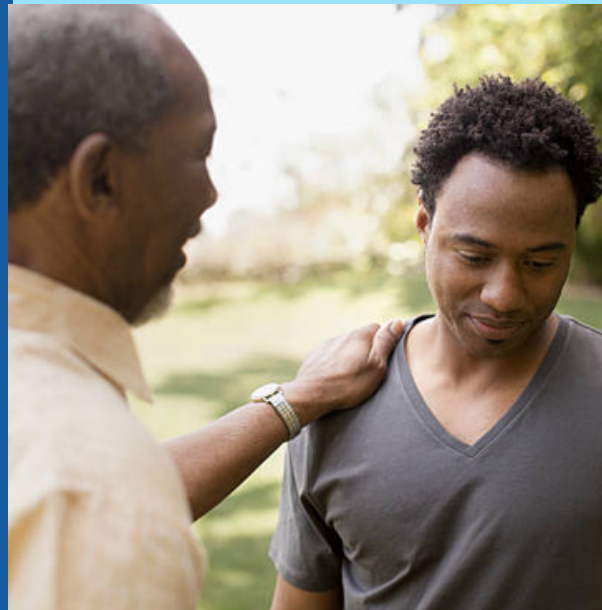
Survivors may experience blame, isolation and withdrawal from friends, community & family members. Family members may even deny the suicide death.

Questioning what just happened

Survivors can be overwhelmed wondering why the person took his/her life. You may wonder what you could have done to prevent it.

Who are we?

We are a group of survivors who have all just lost loved ones to suicide. We are spouses, siblings, parents, children, partners, friends, family, and co-workers who have lost someone to suicide. No one should have to experience the death of a loved one to suicide, but we have and we are here to help.



SOS is a safe place to share grief, understand more about suicide, and seek mutual support as you navigate this difficult journey. There are no charges to attend. It could be a relief to talk openly about suicide with people who share a similar experience.

What to expect at a meeting

The meetings are held both virtually and in person. Virtual meetings are conducted through google meet Thursdays 4.00pm-5.30pm. The physical sessions are done at the CSRI offices at Karen Triangle, kabwagi, off karen road biweekly on Fridays 4.00pm-5.30pm.



We gather together to share our thoughts and experiences in a supportive environment. The group is peer led. The meeting typically has 7-10 people attending. Participants must be at least 18 years of age to attend and be survivor of suicide loss. (We have considerations for survivors under 18 years.)

The meetings begin with a brief introduction followed by an open floor for people to discuss how they are coping with the loss of their loved one. You can sit quietly and listen, or feel free to share.

The hardest part for many new survivors is just building the strength to come to the first meeting.