



Local Outreach to Suicide Survivors

LOSsteam
MetroWest

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Program Spotlight

Postvention Services

The need for extended services in our communities, beyond the immediate crisis support of LOSsteam MetroWest*, has evolved into additional programming to support those bereaved by suicide.

Move4Ward is a support group specifically for women who have lost a spouse or life partner to suicide.

Members of the group find strength in each other's stories, validation in their shared experiences, and comfort in knowing they are not alone. The group provides a safe and supportive space for women to share their journey through loss and lean on each other as they navigate the "new normal" of their lives. The group meets virtually on the last Wednesday of every month from 6:00-7:00 pm and just celebrated its one-year anniversary. Visit mass211.org/4ward to register. Pictured below are the group facilitators: Val & Irena (left) and Cathy (right)



Val shares that "while all types of support for suicide loss survivors are helpful, I believe that there are unique challenges and life experiences that women who lose a spouse or partner face." Cathy adds that "I lost my husband in 2005 and have learned over the years how comforting it is to connect with others of a similar loss." Regarding the group's one-year anniversary, Irena "reflects on the power of having this unique peer support group and the importance of community in the healing process. By helping others, we are also helping ourselves heal and find meaning in the midst of our pain." (All *Move4Ward* facilitators are suicide loss survivors.)

* LOSsteam MetroWest provides immediate crisis support and local resources to those bereaved by suicide. Visit lossteammetrowest.org to learn more.

*Interested in
volunteering?*

LOSSteam MetroWest is always looking for new volunteers. If you have lost a loved one to suicide and feel that you're far enough along in your healing journey to help others, we'd like to hear from you!

LOSSteam MetroWest: providing immediate crisis support to those who have lost a loved one to suicide.

LOSS stands for Local Outreach to Suicide Survivors. Our LOSS Team is a volunteer group of suicide loss survivors who are called to the scene of a suicide within the first 12/24/48 hours to provide immediate crisis support and local resources to those bereaved by suicide. Our services are offered through partnerships with either local police departments or trusted community partners. Currently, we are active in over 30 communities in the MetroWest area and beyond.



Please visit lossteammetrowest.org or contact Barb Brunzell at bbrunzell@me.com to learn more.

The Numbers

On average, survivors will seek help in 45 days after a LOSS Team visit, compared to 4.5 years without LOSS Team intervention.

*Research by Dr. Frank Campbell, LOSS Team Model Founder

Over 130 supported and counting...

LOSSteam MetroWest volunteers have supported **139** family members and friends bereaved by suicide through our program. The team has also supported an equal number of first responders (police personnel and co-response clinicians) and community partners by offering our services as a tool for referral to provide peer-to-peer support to loss survivors in their communities.



If your Police Department would like to learn more about our FREE services, please email Barb Brunzell, Team Leader, at bbrunzell@me.com.