

Hope Begins With You



After a Tragic Loss What next?

There is no right way to grieve

If you have suffered a tragic loss, it may be helpful to speak with someone if you are having:

- Trouble with normal activities of daily living.
- Difficulty making decisions
- Strong physical reactions such as nausea and fatigue
- Isolating yourself from family/friends

If these reactions persist, there is support for you.

Don't be afraid to ask!

- Primary Care Physician
- Clergy
- Mental Health Provider

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Local Resources for Support After a Tragic Loss

WWW.NEEDHAMACTS.ORG
(Community Resources)

Riverside Emergency Services
1-800-529-5077
(24 hr Psychiatric Emergencies)

Samaritans
1-877-870-HOPE (4673)

**National Suicide Prevention
Lifeline**
1-800-273-TALK (8255)

Family Loss Project
1-401-305-3051

WWW.FAMILYAWARE.ORG



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Provided by:
Needham Coalition for Suicide
Prevention