

A Second Chance Families

Six-Week Support Program for Family Members of Suicide Attempt Survivors



When a family member attempts suicide, it is a traumatic event that affects everybody. A variety of emotions may emerge – anger, betrayal, powerlessness, anxiety, guilt, shame. Family members may find themselves feeling overwhelmed with questions. “Why didn’t they come to me?” “What did I miss?” “What do I do now?”

Talking with others who have similar experiences can be an important part of healing after a family member’s suicide attempt.

A Second Chance Families

offers a safe, non-judgmental place for families to talk about their feelings , to talk about the impact their loved one’s suicide attempt had on their lives, and to build resilience by identifying resources and coping strategies for the future.

Our next six-week session begins the first week of February.

Prior to attending, potential participants must complete a telephone interview. For more information, or to schedule a phone interview, please contact:

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