

Companioning

LOSS Community Services understands there is no “getting over” this tragedy. We offer our Survivor Companion Program to help.

Join Our Companioning Program

Program Overview: Our Peer-to-Peer Companioning Program connects suicide loss survivors with trained peers who have also experienced a suicide loss. This safe and confidential program provides emotional support, resources, and community to help navigate the complex journey of grief.

- *Personalized, one-on-one support from someone who has experienced similar loss.*
- *Meet / communicate regularly via phone, text, video chat, or in-person (if possible) to share experiences, coping strategies, and encouragement.*
- *A safe, non-judgmental space to share and process feelings.*
- *Confidential and compassionate listening without pressure or expectations.*
- *Empowerment through shared experiences, fostering healing and hope.*
- *Continue your journey of healing at your own pace, knowing support is always available.*

Eligibility:

These programs are open to anyone who has lost a loved one to suicide. No matter how recent or how long ago your loss was, we are here for you.

Many survivors have found having a peer(s) with a similar lived-experience as well as a mental health professional to speak with is very helpful.

If you are interested in the Companion Program, fill out the form below and someone from our team will reach out to you

When we reach out to you, we will ask a few follow up questions so that we can better find a companion for you that properly fits your needs:

VISIT <https://losscs.org/companion-loss-community-services/> TO ACCESS THE FORM

“When you are grieving, you need the support of people who will walk beside you. You do not need people who want to walk in front of you and lead you down the path that they think is right. Nor do you need people who want to walk behind you so that they don’t have to be present to your pain.

Instead, you need and deserve the companionship of people who will come alongside you and let you express whatever you are thinking and feeling. Their role is not to try to ‘fix it’ or give you unasked-for advice. Their role is to be there, actively listen, and offer their love and presence.” — Dr. Alan Wolfelt