



SURVIVORS HELPING SURVIVORS

You have recently lost a loved one to suicide. Your feelings of grief, sadness, shock, isolation, anger and guilt may seem overwhelming. You may wonder if you will ever recover. These are normal responses. There is help from others who, like you, have experienced this tragedy. They want to help you recover and, most of all, they want you to know that you are not alone.

Survivors Helping Survivors is open to all family members and friends of a loved one who has completed suicide. People of all ages, occupations, and religious affiliations are welcome. There is no fee and you are welcome to attend as often as you would like.

SUPPORT GROUPS

MHA offers the following support groups in the Milwaukee area.

**For more information, call MHA at 414.276.3122 or 414.336.7970 or
email info@mhawisconsin.org**

Visit our website:

www.mhawisconsin.org/survivors

South Side Group

Date: 2nd Tuesday of each month

Time: 7 to 9 p.m.

Location: Aurora St. Luke's Medical Center, Health Science Building, #1, Room 4 (lower level)
2901 W. Kinnickinnic River Parkway, Milwaukee

North Side Group

Date: 1st Wednesday of each month

Time: 6 to 8pm

Location: Rogers InHealth, 4555 W. Schroeder Dr., Suite 185. Milwaukee

Waukesha (sponsored by NAMI Waukesha)

Date: 2nd Tuesday of each month

Time: 6:30 to 8:30 p.m.

Location: NAMI Waukesha, 217 Wisconsin Ave., Suite 300, Waukesha 53186

For additional information: Mary Madden at NAMI (262) 524-8886



Mental Health America of Wisconsin
600 W. Virginia St., Suite 502
Milwaukee, WI 53204

Phone: 414.276.3122
E-mail: info@mhawisconsin.org