

# Survivors of Suicide Loss (SOSL) Support Group



You are not alone.

## **Join us in Lebanon, NH**

In person meetings

When: The 3rd Tuesday of every month

Time: 6PM - 7PM

Where: The conference room of Head Rest of the Upper Valley

141 Mascoma St. Lebanon, NH 03766

For more information please contact Al Carbonneau: 802-291-0389 /  
[al.carbonneau@headrest.org](mailto:al.carbonneau@headrest.org)

Please note: this is a *peer* support group. We are not health care professionals, but we have each lost someone we loved to suicide. Any adult (18+) who has personally experienced a loss is welcome.

Meetings are ongoing and free of charge.



# Light Up the Lake

Saturday, September 14 - 6:00 p.m.

South Cove Beach

Join representatives from Headrest, an Upper Valley non-profit provides for those in crisis, including operating a 24/7 Crisis-Suicide Hotline\* that serves NH, VT and parts of ME. On average, the hotline fields 10,000 calls annually relating to a variety of crises, including depression/anxiety, substance use disorder, domestic violence and suicide ideation.

Hotline crisis experts will share experiences and explain all of the programs in place to help a caller in need. There will also be members of the Suicide Loss Survivors Support Group here to share their stores and answer questions.

**\* 603-448-4400 or 1-800-273-TALK or text 988 \***



Float an environmentally friendly lantern in the South Cove inlet to raise funds for Headrest and the American Foundation for Suicide Prevention. Lanterns will be available to purchase starting August 1. Lanterns will be released following the conversation with Headrest and will all be collected following the event.



- If you are unable to attend the event but would like to purchase a lantern, Recreation will be happy to decorate and launch it for you.
- \$20 per lantern. All net proceeds will be donated to Headrest and AFSP.
- Lanterns can be purchased August 1 through September 12 either online, in person at South Cove or by calling Recreation at 603-863-6772.

Eastman Community Association

[recreation@eastmannh.org](mailto:recreation@eastmannh.org) / 603-863-6772

[www.eastmannh.org](http://www.eastmannh.org)