

GROUNDING ACTIVITY

Think of your favorite song,
place, color or food.

Run cool water over your hands
or put cool water on your face.

GROUNDING ACTIVITY

Focus on your breathing. Breathe
in through your nose for 4
seconds, hold for 7 seconds, and
out your mouth for 8 seconds.



RESOURCES  SCAN ME



LOSS Team

EXPERIENCING A
TRAUMATIC LOSS?
IN NEED OF RESOURCES?

We are here to help!
Contact Us Today
(518)746-1527

MISSION STATEMENT

A Local Outreach to Suicide Survivors (LOSS)
Team's goal is to reduce suicide bereavement
distress of those immediately impacted. By
providing compassion, support, and resources
This allows for the promotion of hope for the
newly bereaved, which begins the healing
process.

WHO CAN I ASK FOR HELP

Who can I call:
Who can I call:
My Self-Care:

SIGNS AND SYMPTOMS YOU NEED HELP

Increase use of substances,
withdrawal, isolation,
feeling overwhelmed,
physical pain, headache or rapid heart rate

SELF CARE

- Drink lots of water
- Eat small meals
- Sleep when you need to
- Don't be afraid to ask for help