

## DESTINATION HOPE SUPPORT GROUP

When a loved one attempts suicide it is painful, scary, and emotional. You often feel alone and helpless, friends and family want to help you, but don't know how. Or the person who has attempted suicide, asks you not to talk to tell your family or friends.

*SO... Where do you go for support? Who do you talk to? How do you help the person who is still struggling and/or may attempt again?*

My hope is that as a group we can share stories, share resources, share hope, share support and help each other through this road of uncertainty. It is comforting to know you are not alone in this journey.

If you currently know someone who has attempted suicide or have lost a person to suicide you are welcome to attend.

### NAVIGATING THIS MAZE OF EMOTIONS



**Meeting: Monday January 22**  
**Fourth Monday of every month**



**7:30 p.m.**



**Place: United Methodist Church**  
**109 S 3rd St, McCool Junction**

#### MY STORY

Almost two months ago my smart, funny, kindhearted son decided he was exhausted, weary of the pain he was feeling and attempted to end his life. As I left my son at the hospital, I went back through his life, what had I done wrong to cause my child to have such an empty sad feeling inside that he wanted to end his life? When my son was discharged from the Lincoln hospital after five VERY long days, we left with a piece of paper which had a 'safety plan' wrote up and an appointment to meet with a therapist in a week. That was the beginning and end of our post-discharge support, and the ins and outs of parenting a child who wanted to die were left entirely up to me. As a parent, it is only natural to do everything we can to save our child's life. The problem is that it places the responsibility for keeping our kids alive squarely on our shoulders. I promise you, parenting a suicidal teenager is a marathon, not a sprint. Every day – heck every hour - I wonder if my son will want to stay alive today or if this is 'THE DAY.' Everything I have read says that when teenagers become suicidal, it can be impossible to prevent them from succeeding in their suicide attempts, no matter how hard we try. The reality is you just never know when it might happen. As a mom, I know that I can't do this alone; therefore, I am starting this group as a resource for all who are currently or have went through this. ?'s call/text Amanda Schropfer 402.239.0301