



# Online Suicide

## LOSS Survivor Support Group

**When:** every 2nd Tuesday of the month

**Where:** online (Zoom)

**How much?** US \$25 a session

[JOIN HERE](#)

Our Suicide Loss Support Group provides a compassionate space where individuals can share experiences, find understanding, and work toward healing. Connecting with others who have faced similar struggles can be a source of comfort and strength.

### **Flexible Membership Options: Join as You Need**

We understand that healing is a personal journey, and everyone may need different levels of support. Our Group offers a flexible membership approach, allowing participants to join as many sessions as they feel beneficial. Whether you choose to attend one session or commit to multiple, your path to healing is respected and supported.

To join the group, click [HERE](#).

[www.understandsuicide.com](http://www.understandsuicide.com)



# The Facilitator

Paula Fontenelle is a psychotherapist who understands firsthand the pain of losing a loved one to suicide. Having experienced the loss of her father, she brings both professional expertise and personal empathy to the group.

She hosts the top-rated podcast "Understand Suicide," and has a published book: "Understanding Suicide: Living with Loss, Paths to Prevention," a comprehensive guide that reflects her commitment to providing support and resources for those on the journey of healing.

## FAQs

### **Where and How Does the Group Meet?**

The group meets online via Zoom. Each member will receive the link before the session, making participation easy and secure.

### **Is the Group Open to Everyone?**

Yes! Our support group is open to anyone who has experienced the loss of a loved one to suicide. We welcome diverse perspectives and backgrounds.

### **How Long is Each Session?**

Sessions last between 1 and 1-1/2 hours, depending on the number of members present (12 maximum).

### **How is Confidentiality Maintained?**

What is shared within the group remains within the group, fostering trust and a sense of security among participants.

If you have additional questions, contact Paula Fontenelle: [understandsuicide@gmail.com](mailto:understandsuicide@gmail.com)