

SUPPORT AFTER A SUICIDE OR HOMICIDE LOSS



WHO WE ARE

The Survivor Support Program (SSP) is a program of Distress Centres of Greater Toronto. We have been supporting survivors of suicide loss since 1979 and survivors of a homicide loss for 20 years. Our programs are offered at no cost to survivors.

Suicide and homicide grief are unique for each person. We acknowledge your expertise and strength when dealing with loss. Over half of our trained facilitators have the lived experience of suicide or homicide loss. The lived experience part of our support is there to help foster a sense of safety and connection. For those with lived experience of suicide or homicide loss it is at least 2 years before they can be interviewed for a position as a Volunteer Grief Facilitator.

GENERAL INFORMATION

We offer a support program for those individuals and families exposed to a suicide or a homicide. They are separate programs. We provide individualized/ personalized support and group support. We operate on a structured peer support format. We are not a psychotherapy program. Typically, survivors will get some personalized support before attending the group. That can be discussed at the introductory meeting.

Note: We try as much as possible to match incoming survivors with a similar loss (for example, a suicide loss survivor with another suicide loss survivor and a similar relationship or a homicide loss survivor with another homicide survivor). At times, we are unable to match a homicide survivor with another homicide survivor but will check in with you ahead of time to make sure that is ok. Confidentiality: Importantly, information gathered during the introductory meeting and support sessions are kept confidential. Some information gathered during the introductory meetings and sessions is shared between volunteer facilitators and program staff for the purposes of support and supervision.

Inclusive: Our sessions and programs operate on an inclusive and respectful basis.

PROGRAMMING

Individualized/personalized support: This is an 8-session support program. These are ideally weekly sessions. They follow a loose structure of weekly themes that can be explored. Sessions are typically between 60 and 90 minutes.

Group support: This is an 8-week program. Our groups are closed format and have weekly meetings. The sessions follow a loose structure of weekly themes. Group sessions are 2 hours long. Programming is offered online, by phone and when possible, in person.

THE PROCESS

We begin by offering an initial consultation as an introductory meeting. That meeting takes place online or by phone. There will be a few forms to fill out for our records. After the introductory meeting there is a waiting period of 4-6 weeks (approx.) before you are set up with support. We try and make your wait time as comfortable as possible by offering interim support by staff and volunteers.

-The team at The Survivor Support Program

FOR MORE INFORMATION, PLEASE CONTACT: Greg Kligman, gkligman@dcogt.com



Distress Centres
of Greater Toronto