

## Small Group Discussion Questions

Watch the course together with your small group, either in person or virtually. Continue the learning and healing process by using these questions to incite meaningful conversation.

### Finding Stability After Suicide Loss

Intended Facilitator: Healthcare provider, peer mentor, educator

Intended Audience: Suicide survivors

- What are some ways you can overcome avoidance to seeking help after a suicide loss?
- What can you do to help educate people about talking with suicide loss survivors in a caring and compassionate way?
- How would you encourage people to be proactive with suicide survivors immediately and not wait for them to “get over” their grief?

*These courses are supported by* **The NFL Foundation**

