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.

Posttraumatic Growth After Loss

Intended Facilitator: Healthcare provider, peer mentor, educator
Intended Audience: Suicide survivors

- What are some ways that a suicide loss survivor can stay connected with their loved one who has died by suicide?

- How can we help suicide loss survivors to find meaning after suicide loss?

- How can we help survivors of suicide loss to tell their story in a way that is both hopeful and that honors their loved one and the legacy of their loved one's service?