


# SOSA: Survivors of a Suicide Attempt

SOSA is a confidential support group for people who have survived a suicide attempt. It's a space to talk about what led up to the attempt, what life looks like after, and how to move forward, without judgment or pressure.

- **Virtual meetings**
- **8-week program**
- **Free, confidential, nonjudgmental**
- Guided by extensive training in suicide prevention and the program curriculum, **our clinician and peer facilitator are prepared to provide expert support.**

This group helps participants:

- Build coping skills to manage suicidal thoughts
- Develop personalized safety plans
- Reduce shame and isolation
- Foster hope, connection, and meaning

You are not alone in this. SOSA is here to support your healing, at your pace, and in your words.

**Spanish SOSA starts on January 18th, meets every Monday for 8 weeks, 5:30pm–7pm virtually**

**English SOSA starts on January 12th, meets every Tuesday for 8 weeks, 5:30pm–7pm virtually**

For more information contact **Outreach@Buckelew.org**

**If you or someone you know is struggling or in crisis, help is available.**
**Call or text 988 or chat 988lifeline.org.**