

## FAQ's

### How much does it cost?

Absolutely nothing! SOS groups are free of charge.

### When does the group meet?

SOS groups meet on Tuesdays from 5:30pm-7:30pm. We have winter, spring and fall groups.

### What if I cannot attend the current session?

No worries! There will be groups happening around Las Cruces on an ongoing basis, and we will work with you to find a group that works for you.

## How can we support you?



## CONTACT US

EMAIL: [SOSGroupLC@gmail.com](mailto:SOSGroupLC@gmail.com)

PHONE NUMBER: (575) 249-5375

[LCSUICIDEPREVENTION.com](https://LCSUICIDEPREVENTION.com) 



Stock Photos. Posed by models

SOS groups are not therapy groups, and do not take the place of individual counseling.



**Survivors  
of Suicide**

**A Support Group**



# What is the SOS group?

Survivors of Suicide (SOS) groups are support groups specifically for people who have been bereaved of a loved one as a result of suicide.

## Why is there a special group for suicide survivors?

Loss of a loved one by suicide is a complex and difficult grief experience that can feel isolating. The goal of this SOS group is to provide guidance and support through the grief process.

## Who sponsors this program?

SOS Groups are sponsored by the Las Cruces Suicide Prevention Task Force, Peak Behavioral Health Services, and NAMI Southern New Mexico.



## What happens at an SOS Meeting?

SOS support groups are a closed group that meets for 2 hours once a week for eight weeks.

Group members share about their experiences and receive helpful information on how to cope with their loss. SOS groups are for support, not therapy.

In the future there will be monthly “drop-in” groups available to people who have completed an eight week SOS group, to provide ongoing support as needed.

### How do I sign up?

Anyone 18 years or older may contact the Las Cruces SOS group.

Text or call:  
**(575-249-5375)**

Email:  
**SOSGroupLC@gmail.com**

## For additional resources please visit:

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

**If you need to talk to someone immediately for support, call or text 988 to speak with a skilled, compassionate professional.**



24/7 Lifeline for Emotional,  
Mental or Substance Use Distress