

Resources

Several resources exist for people who have lost a loved one to suicide:

American Foundation for Suicide Prevention

- afsp.org/ive-lost-someone

Alliance of Hope

- allianceofhope.org

Text or call the 988 Lifeline 24/7 for free and confidential support

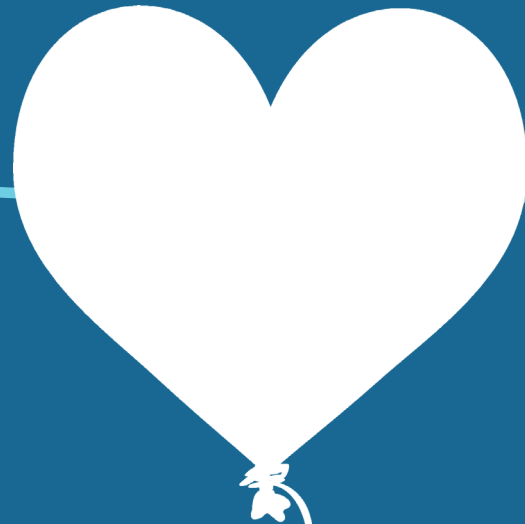
988

SUICIDE & CRISIS
LIFELINE

L.O.S.S.

Local Outreach to Suicide Survivors


Offering compassionate connection and support as you navigate loss, grief and healing



Contact Information

 406.247.3305

 LOSSTeam@RiverStoneHealth.org

 123 South 27th Street
Billings, MT 59101

 RiverStoneHealth.org/LOSS

Scan the QR Code
to learn more



About L.O.S.S. Team

Yellowstone County's Local Outreach to Suicide Survivors (L.O.S.S.) team is part of a national effort to support individuals who have recently lost a loved one to suicide.

Grief takes time and there is no single path through it. The Yellowstone County L.O.S.S. team is here to offer support, hope and connection as you heal at your own pace.

L.O.S.S. team volunteers reach out about peer support via phone asking about support needs and communications preferences. Follow up support is provided according to the survivor's wishes and individualized needs.

You can opt out of this service at anytime.

How does loss impact you?

All of us experience grief and loss differently. It is completely normal to experience one or more of the following symptoms and feelings:

- Anger
- Anxiety
- Confusion
- Denial/Disbelief
- Despair
- Depression
- Guilt
- Helplessness
- Loneliness
- Mood Swings
- Numbness
- Shame
- Shock

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How can we help?

Yellowstone County's L.O.S.S. Team can provide peer support, messages of hope, free counseling services and connections to additional resources.

Peer Support

L.O.S.S. Team members are volunteers who have lost a loved one to suicide themselves and who can help you navigate this difficult time.

Caring Contacts

Regularly scheduled calls and mailed messages provide consistent check-ins and encouragement.

Mental Health Counseling

Family members are eligible for up to three free counseling sessions from licensed counselors who specialize in grief support to help you in your healing journey. Contact us to learn about counseling vouchers.

