

Healing Bridge

An In-person Monthly Support Group
for Suicide Loss Survivors

How do I find my footing again after losing someone I love to suicide?

Healing Bridge is an open support group dedicated to providing a safe and supportive environment for individuals navigating the challenges of suicide grief and loss. This group offers a compassionate space to share emotions, find comfort, and build resilience together. There are no fixed topics covered in this programme. New members can join the group any time, as participants share their struggles and find ways to support one another in their grief journeys.

About SOS

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends. With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767
24-hour CareText: 9151 1767 (via WhatsApp)
For more information, please visit www.sos.org.sg.

   @samaritansofsingapore


Samaritans
of Singapore

How Does Healing Bridge Work?



Facilitated Sessions

Facilitated by **Healing Companions** to ensure a safe and supportive environment.

A trained SOS volunteer who has personally lost someone to suicide and now supports others also experiencing the pain of suicide bereavement.

Open Group Format

Join at any time; no long-term commitment required.

No Fixed Topics

Each session is shaped by participants' needs and emotions.

At Healing Bridge, you will:

- Connect with others who understand your pain.
- Express your emotions in a judgement-free space.
- Receive support as you navigate your healing journey.
- Find ways to honour your loved one while caring for yourself.

Take the first step towards healing.

Grief can feel isolating, but you don't have to go through it alone. Healing Bridge offers a safe space where you can share, listen, and find comfort in the company of those who have similar lived experiences.



Register your interest for Healing Bridge via this QR code or visit: bit.ly/HealingBridge

When

Last Friday of
Every Month

Time

7pm to 9pm

Venue

Samaritans of Singapore
169 Jalan Bukit Merah
#03-20 Connection One
Tower 2
Singapore 150169

SOS
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of Singapore