

# Healing Within

## An Online Structured 6-session Support Group for Suicide Loss Survivors

When you lose someone you love to  
suicide, the pain can feel unbearable.

But you don't have to  
navigate your pain alone.

Healing Within is a 6-session online structured support group for suicide loss survivors. It provides a safe and supportive space to share, learn, and heal alongside others who have similar experiences. Together, we'll explore ways to cope with grief and honour our loved ones while finding strength in community.

### 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](http://www.sos.org.sg).

   @samaritansofsingapore

  
Samaritans  
of Singapore

2026 Sessions  
7pm - 9pm



16  
APR

Unpacking the language  
of grief

30  
APR

Common grief reactions

14  
MAY

Grief in our body

28  
MAY

Stories of strength

11  
JUN

Discovering the imprints

25  
JUN

Wall of hope and next steps

## Important Things to Note

- ✓ Samaritans of Singapore's Healing Within Support Group is free of charge.
- ✓ The Healing Within Support group is held in English and is only open to suicide loss survivors (i.e. lost someone to suicide).
- ✓ All registrants will need to go through an intake session to be assessed for suitability by our case workers.
- ✓ Participants must attend all 6 sessions as the content across sessions is linked.
- ✓ To respect the others in the support group, participants have to be in a quiet and private environment when attending each session.

## Have you lost someone you love to suicide?

You don't have to navigate your pain alone. Talking to others who have similar lived experiences can ease feelings of isolation.



Find support and connection.  
Register your interest for Healing Within via  
this QR code or visit: [bit.ly/Healing-Within](https://bit.ly/Healing-Within)

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