

# Providing Grief Support After Suicide

One of the hardest deaths to grieve  
for those left behind.

Learn More  
Email [Psithurts@gmail.com](mailto:Psithurts@gmail.com)  
Call 203-645-7777  
Website: [www.psithurts.org](http://www.psithurts.org)



# National Data

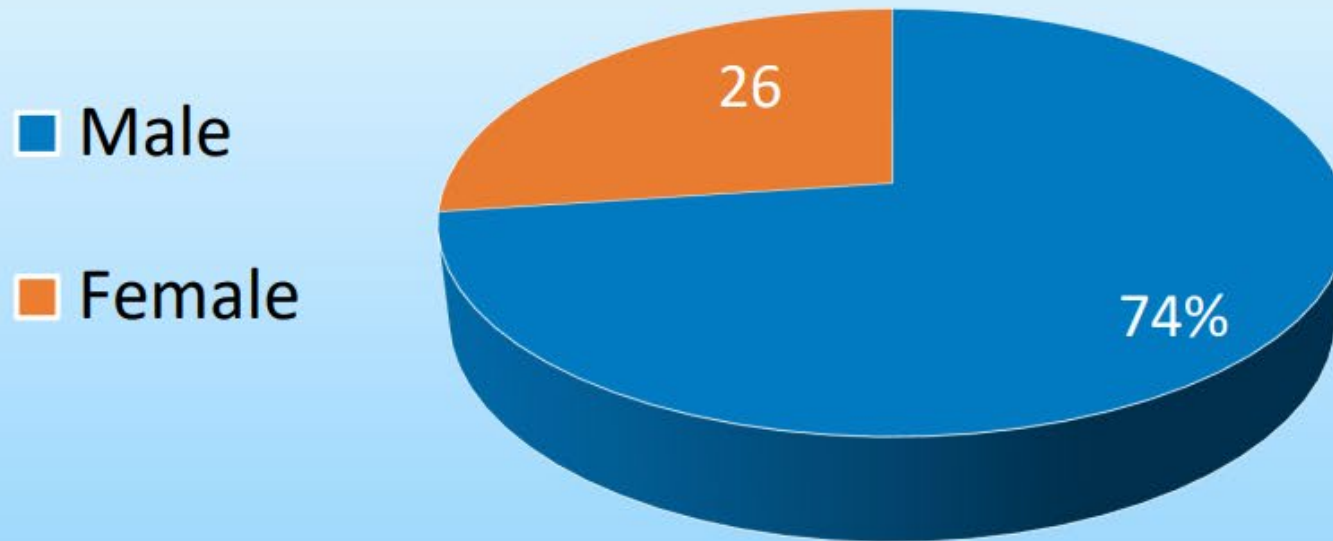
## Suicide is one of the Leading Causes of Death in the United States

According to the Centers for Disease Control and Prevention (CDC), in 2020:

- Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34;
- The third leading cause of death among individuals between the ages of 15-24;
- The fourth leading cause of death among individuals between the ages of 35 and 44;
- There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576).

# Demographics of Suicides in Connecticut by Sex

Percent of Suicides  
by Sex: 2015-2019



Data Source: CT Violent Death Reporting System



## Lethal Means: CT Suicides 2015-2019

CTVDRS

## Death by Suicide

Most Common Methods	Male	Female
Firearm	34%	11%
Hanging /asphyxiation	29%	37%
Drug Overdose	10%	32%

Data Source: CT Violent Death Reporting System

# Suicide Facts & Figures, Connecticut 2020



**On average, one person died by suicide every 21 hours in the state**

**More than three times as many people died by suicide in Connecticut in 2018 than in alcohol related accidents**

**Suicide is the 11<sup>th</sup> leading cause of death in Connecticut**

**The 2<sup>nd</sup> leading cause of death for ages 10-34**

**The 4<sup>th</sup> leading cause of death for ages 35-54**

# My Story



- I lost my beloved son Luc-John to suicide in 2017;
- He was 30 years old, a Risk Management Specialist, Special Olympics Swimming Mentor, and Master's Olympics Coxwain;
- He died from a self-inflicted gunshot wound to his heart;
- I received support through a network for bereaved parents, but the complexity of grieving from suicide left me feeling isolated;
- After much searching, I found that the needs of bereaved parents from suicide loss were not being well served by existing support groups;
- I researched statistics and noted the rise of self-inflicted deaths along our shoreline, which meant many people grieving alone in the wake of suicide;
- Ps It Hurts was incorporated in CT as a non-profit in 2020.



# Mission

**PS It Hurts is one of the only organizations in the area to offer bereavement support and resources to parents, grandparents, siblings, and friends -- those left behind -- experiencing the disenfranchised grief from losing a loved one to suicide.**

## Provides Group Support and Resources

Holds monthly support group meetings, in-person and virtual, workshops & more

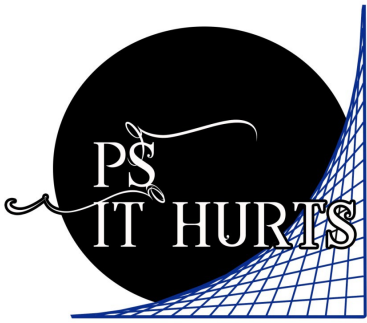
## Offers Belonging in Shared Experiences

Openly acknowledges Disenfranchised Grief and its isolating impact

## Reduces Stigma Associated with Suicide Loss

Works to change the social stigma of suicide through education and outreach

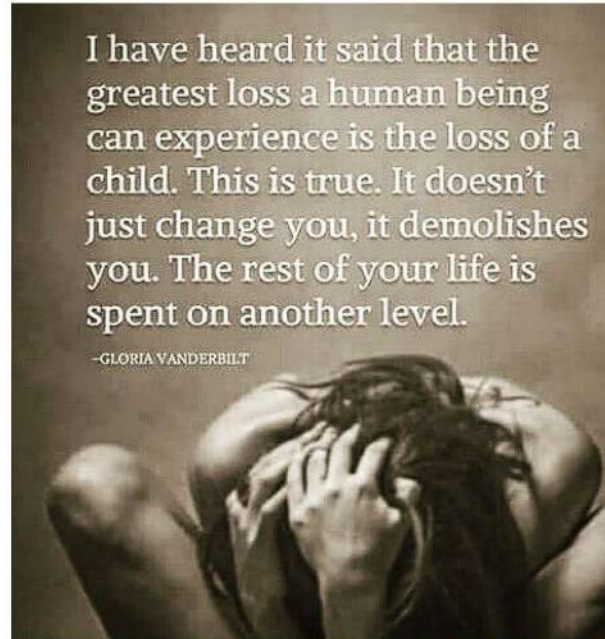
**Disenfranchised Grief** is when a loss occurs that is not openly acknowledged, socially sanctioned, or publicly mourned by socially acceptable means, experienced by people who have lost loved ones to “unacceptable” causes, including suicide, alcohol, drug overdose.



Offering coping skills and hope as a resource tool towards preventing the catastrophic loss from suicide.

We gather to listen, to care, to understand the process of grieving as we begin our journey to survive and thrive again.

## BP-USA & PS IT HURTS SUPPORT GROUP



**FIRST SUNDAY OF EVERY  
MONTH, MADISON SENIOR  
CENTER, 10: 30 AM**

**For grieving parents, grandparents,  
and siblings suffering the loss of  
children and family members.**

CT Shoreline  
Chapter

Bereaved Parents  
USA-Support group for  
Parents, Grandparents  
& Siblings grieving the  
loss of their beloved  
family members



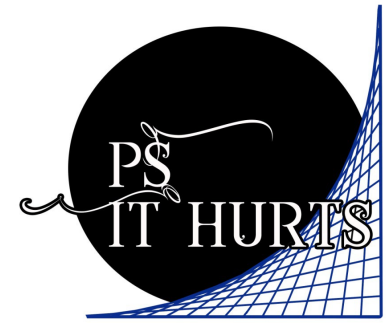
—  
Everytown USA

—  
Mothers Against  
Gun Violence  
National Group Facilitator

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Founder/Director,  
PSITHURTS



**Want to Help, Donate,  
Volunteer?**

**Have Questions?**

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**Call: 203-645-7777**