



# CALL **2**TALK

**POSTVENTION SUPPORT SERVICES**



Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times. Call2Talk is a National Suicide Prevention Lifeline Crisis Center and partners with Crisis Text Line to respond to people by text.

## What is Postvention?

Postvention is an organized immediate, short-term, and/or long-term response in the aftermath of a loss of life to promote healing and mitigate the negative effects of exposure to suicide.

## Call2Talk Postvention Programming:

**LOSSteam MetroWest** – a volunteer immediate crisis support team for those who have lost a loved one to suicide.

**Guiding Survivors to Hope** – an extension of LOSSteam MetroWest, providing support beyond the immediate crisis.

**Lending Library** – loss and healing memorial library, offering access to over 100 titles.

**Move4Ward Network** – virtual support group for women who have lost a spouse or life partner to suicide. In-person group for anyone 18+ impacted by suicide loss.



Our LOSS Team (Local Outreach to Suicide Survivors) is a volunteer group of suicide loss survivors who are called to the scene of a suicide within the first 12/24 hours to provide immediate crisis support and local resources to the newly bereaved.



The goal of the program is for survivors to reach out for help as soon as possible after their loss. Studies show that on average, survivors seek help within 45 days of a LOSS Team visit compared to 4.5 years without immediate intervention.

Our volunteers provide support, comfort, and most importantly, the instillation of hope. They have also lost a loved one to suicide. This is a unique bond – an understanding that can only exist between those who have experienced such a tragic loss. Survivors are provided with a binder of local resources to reference once they're ready, and for continued use in the future.

Visit [www.lossteammetrowest.org](http://www.lossteammetrowest.org) to learn more.



Local Outreach to Suicide Survivors

**LOSsteam**  
MetroWest



**LOSSteam  
MetroWest is  
offered through  
collaborative  
partnerships  
with local police  
departments, co-  
response programs,  
and other trusted  
community partners  
in the MetroWest  
area and beyond.**



## **Program offerings:**

- Trained volunteers who have also experienced suicide loss
- In person response within 12/24 hours
- Virtual support also available
- On scene support – allowing first responders to focus on their job
- Local resources to help survivors navigate their loss
- The instillation of hope for the newly bereaved

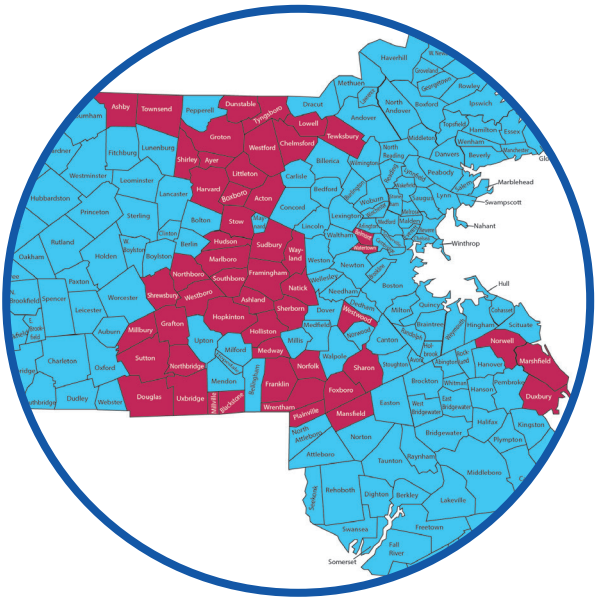




# Massachusetts City & Town Coverage

New communities continue to join our program. Please visit our website for a current list.

Police departments or municipalities interested in learning more should reach out to Barb Brunzell at [barbb@mass211.org](mailto:barbb@mass211.org).



GETTING INVOLVED

## Volunteering

Those interested in a volunteer role with LOSSteam MetroWest will attend an *Information Session* to gain a better understanding of the program, ask questions, and determine if this is something they'd like to pursue. For those who move on in the process, there are two required *Training Sessions* that will prepare our volunteers to safely support fellow loss survivors in the immediate aftermath of a suicide death.

The Guiding Survivors to Hope (GSH) program is an extension of our flagship program, LOSSteam MetroWest.

Guiding Survivors to Hope allows us to offer additional support to loss survivors, beyond the immediate crisis and initial days after the loss, to touch base and continue the conversation under calmer circumstances. The goal is to help survivors navigate the many resources available to them, so they can move forward and take the next step toward healing.

## Services include:

- Continued access to LOSS Team volunteers during the critical weeks following a suicide loss
- Schedule a phone or zoom call, or in-person visit with our volunteers (fellow loss survivors)
- Move4Ward monthly virtual support group for women who have lost a spouse or life partner to suicide
- Move4Ward monthly in-person support group for anyone 18+ impacted by suicide loss
- Access to Call2Talk's Grief Support Memorial Library

## Lending Library

With support from the MetroWest Regional Coalition for Suicide Prevention, Call2Talk is proud to present THE CANTOR JODI M. SCHECHTMAN MEMORIAL LENDING LIBRARY. This collection of books is dedicated to bereavement, loss, grief, hope and renewal. It will serve as a source of comfort to those who are bereaved as well as a support to students involved in this area of study.





**The Move4Ward Network offers a virtual support group specifically for women who have lost a spouse or life partner to suicide. The group meets via Zoom on the last Wednesday of each month from 6-7:00pm.**

Members of the group find strength in each other's stories, validation in their shared experiences, and comfort in knowing that they are not alone. The group provides a safe and supportive space for women to share their journey through loss and lean on each other as they navigate the "new normal" of their lives.

The group is facilitated by long term survivors of partner suicide. Please visit [Mass211.org/4ward](https://Mass211.org/4ward) to register.

**The Move4Ward Network also offers an in-person group for anyone 18+ impacted by suicide loss. The group meets on the second Saturday of every month from 10:30-11:30am at the Call2Talk office located at 46 Park Street in Framingham.**

This group provides a safe space for loss survivors to connect with a community of their peers, share stories and insights, process grief and find solace with those who have also experienced this complex type of loss. Sharing feelings and experiences within a group that truly understands, without judgement, can help ease emotional distress and feelings of isolation.

The group is facilitated by a long-term loss survivor and a clinical social worker. Registration is not required to attend these meetings.

# CALL2TALK

WE'RE HERE TO LISTEN

To learn more about  
Call2Talk Postvention Support Services  
please contact Barb Brunzell  
[barbb@mass211.org](mailto:barbb@mass211.org)

## OTHER CALL2TALK PROGRAMS

**TeleCheck** - a telephone check-in service  
for isolated older adults living at home

**Community Education** - informational  
presentations and trainings for  
community members

[mass211.org/Call2Talk](https://mass211.org/Call2Talk)

DIAL 988

508-532-CALL (2255)

413-505-5111 | 211 ext. 25

