

Each person experiences the loss of a loved one to suicide in their own way and in their own time.

You are not alone.



At MHA, we offer compassion, understanding, and support from someone who has weathered their own loss to suicide so that you do not need to be alone or to feel alone in your grief.

Our Suicide Bereavement Support Specialist has the lived experience of suicide loss and is specifically trained to offer suicide bereavement support.

Suicide Loss: Outreach, Support and Healing

Help happens here.



ABOUT US

The mission of The Mental Health Association of Westchester (MHA) is to promote mental health through advocacy, community education and direct services.

OUR VALUES

We support recovery by providing services that reflect our deeply held values, including our clients' rights to self-determination, choice and collaboration. We use evidence-based practices throughout our trauma-informed and person-centered array of services.

INFORMATION

Shari Applebaum

Suicide Bereavement Support Specialist

914-345-5900, ext. 7705

applebas@mhawestchester.org

ADDRESS

344 Main Street, Suite 301

Mount Kisco, NY 10549

VISIT US ONLINE

www.mhawestchester.org




The Mental Health Association of
MHA Westchester
www.mhawestchester.org

Suicide Bereavement Recovery

From concrete information to help you manage necessary tasks, to knowledge about local services and supports, to information about the range of reactions, emotions and challenges that others have faced, our Suicide Bereavement Support Specialist is there for you.

Contact

 For further information and to schedule an appointment, please contact:

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Suicide Loss: Outreach, Support and Healing services are provided at no cost.

Our specialist is available to meet at your home, at another community location or at an MHA space.

The Journey Through Complicated Grief

+ Our trained specialist offers the support of someone who has also experienced the death of a loved one to suicide. We recognize that suicide loss is unique and the presence of another person who has survived this loss can provide invaluable support.

+ Our Suicide Bereavement Support Specialist provides compassion in a safe and confidential space so that people may have the opportunity to openly express their grief.

+ We offer individual grief-specific support tailored to meeting the needs of suicide loss, including connections for psychotherapy and support groups in the community.

+ Our specialist will offer support that will be most helpful at that time. This may include information about:

- + Managing tasks at hand
- + Expectable reactions to a loss to suicide
- + Sharing information with others
- + Supporting family members, especially children
- + Resources for print information and books that may be helpful
- + Connections to other survivors of suicide loss

Additional Services



MHA offers an array of services throughout the community and in our licensed clinics, which offer individual and family treatment across the age range, as well as medication management as appropriate.



We also offer walk-in services at our White Plains, Mount Kisco and Yonkers clinics for those times when help is urgently needed.



Our services are specifically tailored to the needs of the individual or family and are delivered in a professional, confidential and comfortable setting.

MHA also offers a number of educational opportunities for the general and professional communities that address suicide awareness, prevention, intervention and post-vention. These include:

- + safeTALK
- + ASIST
- + CONNECT

To learn more, visit
www.mhawestchester.org