

# UNPACKING YOUR EMOTIONAL BACKPACK

NAVIGATING GRIEF WHEN SOMEONE HAS DIED FROM SUICIDE

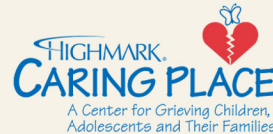
**WEDNESDAY, JUNE 1ST FROM 2-3:30PM (LIVE ET)**

PRESENTED BY GOVAN MARTIN, LOSS SURVIVOR & CHAIR, SUICIDE PREVENTION ALLIANCE  
LINDSEY BAKER, MA, LPC, CLINICAL SUPERVISOR, TEAMCARE BEHAVIORAL HEALTH, LLC

THIS IS A **NO COST** WEBINAR AND IS APPROVED FOR 1.5 CEUs. YOU WILL RECEIVE A ZOOM LINK TO THE WEBINAR UPON REGISTRATION. DETAILED INFORMATION ABOUT HOW TO CLAIM YOUR CREDITS WILL BE PROVIDED DURING THE WEBINAR. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.



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## UNPACKING YOUR EMOTIONAL BACKPACK: NAVIGATING GRIEF WHEN SOMEONE HAS DIED FROM SUICIDE

Grief is complicated under any circumstance, but we know that when someone has died from suicide there may be additional layers of stigma, guilt, and blame. Individuals are often not supported in the same way as those experiencing deaths from other causes by family, friends, and the community. Yet, without necessary support grieving individuals can be left with no outlet to express their feelings and experiences.

Join us for this webinar to learn from both survivors and mental health experts about the specific challenges present in suicide loss. Leave with resources, connections to the suicide loss community, and tangible ways to support grieving individuals in your life.

### OBJECTIVES

During this webinar, participants will:

1. Explain best practice language used to talk about a suicide death.
2. Describe specific challenges related to suicide loss.
3. Discuss ways to support grieving individuals following a suicide.
4. Explore specific resources available for suicide loss survivors.

AMA PRA Category 1 Credit TM

This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of Allegheny General Hospital and Highmark Caring Place. Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Allegheny General Hospital designates this live activity for a maximum of 1.5 AMA PRA Category 1 CreditsTM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CE for Psychologists

Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content. This course is approved for 1.5 APA Credits.

CE for Social Workers

Social Workers may claim credits for attending educational courses and programs delivered by pre-approved providers, such as the American Psychological Association (refer to CE for Psychologists above). For verification, please refer to Continuing Education Regulations §47.36 #16 (ix) found at [www.dos.state.pa.us/social](http://www.dos.state.pa.us/social). Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

