

Jamie

Suicide Prevention Center

When you lose a loved one to suicide, you feel lost. I know because suicide took my dad. For two years, I had no one to talk to and no understanding of what happened to him.

I realized the only way to help myself was to help others. So, I got involved with the Suicide Prevention Center at United Health Services. I know firsthand the guilt of being a survivor. Helping others overcome that guilt was the only way for me to conquer it. It's humbling.

As part of the LOSS (Local Outreach to Suicide Survivors) Team, I'm using my experience and insight to assist those who have to go through what I did. I'm making sure no one has to be alone like I was.

The Suicide Prevention Center at United Health Services is here for anyone affected by suicide. We provide resources and support so that no one else has to be a victim. No matter who you are, you're never alone. Together, we can understand and overcome.



SUICIDE PREVENTION CENTER
education & support services

