

## OUR MISSION

Trauma Support Services of North Texas' mission is to provide affordable therapy and support services for trauma survivors.

TSSNT also provides education and training for professionals, volunteers, and the general public who come in contact with trauma survivors as well as their families.

“Whatever it takes  
for as long as it takes.”

## CONTACTS

Trauma Support Services  
of  
North Texas  
Dallas County Office  
210 South Cedar Ridge Drive #C-  
100  
Duncanville, TX 75116

972-740-3636 (Suicide Programs)

**WWW.TSSNT.ORG**

TSSNT's Policies and Procedures prohibit discrimination against any individual on the basis of sex, race, color, age, sexual orientation, religion, national origin, political beliefs, marital status, mental or physical ability, economic class, or any other discriminatory basis.



# Suicide Trauma Grief Program



## YOU ARE NOT ALONE.

Each year more than 500 people die by suicide in the Dallas/Fort Worth area — about ten per week.

More people die from suicide than from motor vehicle fatalities.

While death and grief are normal processes, a suicidal death is very different. Guilt, whether rational or not, is a common experience. So are anger and a sense of shame.

Suicide grief is never simple. It is a painful, complex process.

Everyone deals with this process differently, but TSSNT is here to help!

## TSSNT'S SUICIDE TRAUMA GRIEF PROGRAM

- Therapy services provided by TSSNT are free but our therapists also accept most insurances.
- Individual and group therapy options available for all ages from 3-year-old children (using play therapy) through adulthood.
- TSSNT offers a *Weekly Suicide Trauma Grief Group* with 6 to 10 others who are dealing with a death by suicide.
  - This 8-week group is co-facilitated by a trauma therapist and a fellow survivor.
  - The curriculum for this group was developed by suicide survivors and their therapists.



**Call TSSNT at 972.740.3636 to start the intake process or to learn more about our services for suicide survivors.**