



UNIVERSITY OF UTAH
COLLEGE OF NURSING

Caring Connections

Losing a close friend or family member to suicide may have negative health and mental health effects that, for some survivors of suicide, persist into bereavement in the form of complicated grief (CG). **Complicated Grief** is persistent, unrelenting grief; people with CG tell us they feel “stuck,” that life is moving on and they are not. They may have strong feelings of yearning, self-doubt, guilt, anger or regret. Sometimes they feel that others are “pulling away” from them, or they may feel removed from others they once enjoyed. Suicide survivors may have unique risk factors that contribute to CG, and may represent a subset of persons for whom traditional grief support groups are therapeutically insufficient. We are conducting a research project to evaluate a therapy for complicated grief in suicide survivors.

Participants wanted for Grief Support Group Study

Adults who have experienced the death of a close friend or family member by suicide more than 6 months ago and are struggling with grief or experiencing distress are invited to contact Caring Connections: A Hope and Comfort in Grief Program to discuss participation in a research study. For information contact Kathie Supiano or Shawna Rees at 801-585-9522.

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