

# The Four County L.O.S.S. Team is here to help new survivors after a suicide

*“After losing both my grandmother and my father, I understand the pain, anger, and confusion that suicide leaves behind. I volunteer with the Four County L.O.S.S. Team to ease suffering and offer hope to new survivors.”*

Brad, Fulton County Resident

To learn more or volunteer with the Four County L.O.S.S. team, contact:

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*The mission of the Four County Suicide Prevention Coalition is to increase awareness, decrease stigma, and increase people’s ability to seek help aimed at suicide prevention.*



**The Four County  
ADAMhs Board**

Four County Board of Alcohol, Drug Addiction and Mental Health Services

# Four County L.O.S.S. Team

**Local Outreach to  
Survivors of Suicide**

An installation of hope for those who are newly bereaved due to a death of a loved one to suicide.



“Postvention as Prevention”

Fulton, Defiance, Henry, Williams Counties, Ohio

[www.4countysuicideprevention.org](http://www.4countysuicideprevention.org)

## What is a L.O.S.S. Team?

The Four County L.O.S.S. team responds to the home where new survivors are gathered. After a completed suicide, a team of 2-3 compassionate and trained volunteers are coordinated to respond to the home.

The goal of the L.O.S.S. team is to help new survivors to feel supported from the very beginning of their tragic loss.

## Why is a L.O.S.S. team important?

### Postvention as Prevention

**Suicide is different.** In addition to grieving the death of a loved one, individuals bereaved by suicide often experience feelings of guilt, shame, anger and confusion. Many also experience the catastrophic trauma of finding their loved one following the death. These issues complicate the grieving process, and can lead to unhealthy attempts at coping.

One of the greatest concerns is that those who are bereaved by suicide are far more likely to take their own lives, than someone who has not lost a loved one to suicide. Many survivors would seek help if they just knew where to go. Sadly, it is estimated that only one in four survivors seeks help after a suicide.



## Resources are Important

The L.O.S.S. team offers hope and shares information on available services in our

area. Follow-up contact is also offered to the family for up to 12 months. Having immediate access to accurate, helpful and experienced resources can prevent unhealthy coping mechanisms from developing, and can offer much needed support following the death.

Please call 211 or 1-800-468-4357 for local supportive services in our four county area of Fulton, Defiance, Henry and Williams Counties.

Services available through 211:

- 24 Hour Crisis Hotline
- Information on Survivors After Suicide Support Group
- Information on community mental health services

**NATIONAL  
SUICIDE PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Additional crisis services can be accessed through the National Suicide Prevention Lifeline.

This Lifeline provides a way for people who are in crisis to access help **ANYTIME** day or night. No call goes unanswered.