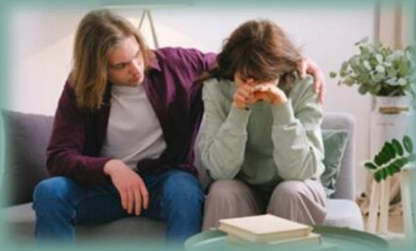




BCBH

British Columbia
Bereavement
Helpline

REBUILDING LIVES AND HEALING HEARTS



Are you interested in starting up a compassionate community initiative to support people who are affected by a serious illness, end of life, or grieving experience?

Visit our website for resources:

www.bc-cpc.ca/all-resources/community-organizations/

Contact us:

conversations@bc-cpc.ca



BC Centre for
Palliative Care

Suffering the loss of a loved one after their suicide is a devastating experience. Further, the grieving process after such an experience can be incredibly complicated and last longer than other types of bereavement. [BC Bereavement Helpline](#) (BCBH) is growing their compassionate community every day by helping people find hope in the wake of such devastation. The interest in the organization's programs, from both those in need of such assistance, and professionals offering these critical services, has been overwhelming.

A four-week discussion group series for suicide-bereaved that BCBH created this summer saw an overwhelming 200 attendees attend by Zoom. The sessions were altered to accommodate the large number of participants by removing verbal interaction and replacing it with an annotation and chat option.

Despite having chat feature on Zoom turned off, one participant stated, "I haven't been able to talk to anyone until today, I really appreciated it."

Initially grief professionals and service responders registered for this series as well. However, the sessions quickly reached capacity and these individuals were asked to cancel their registration if they were not suicide bereaved. This showed a clear need exists to support these professionals through an additional grief series designed for them. Limited funding impacts the organization's staffing and their ability to provide further support services, however.

"As someone who is suicide bereaved, I wish sessions like these were available after losing my brother 16 years ago," Pam Bilusack, Executive Director of BCBH says. "I'm so grateful to the BC Centre for Palliative Care (BCCPC) for their support of this program."

Through the BC Centre for Palliative Care's (BCCPC) *All Together – Spreading Community Innovation Seeds Grant Program*, BCBH will be launching Part 2 of their "Building Hope" series this fall. This series will be outlined on the BCBH [website](#), [Facebook](#) and [Instagram](#).

BCBH's efforts continue to build a compassionate community by supporting solidarity among those who are suicide bereaved. Their thoughtful and creative approaches to providing education and opportunities to connect with others are guiding the way to a brighter future for so many.