



Contact: Barb Baird
Community Engagement Specialist
(440) 204-4358
bbaird@nordcenter.org
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## ISOSL Day Provides Hope and Support to Those Affected By Suicide Loss

International Survivors of Suicide Loss (ISOSL) Day is the one day a year when people affected by suicide loss gather in their local communities to find comfort and gain understanding as they share stories of healing and hope. For many loss survivors, attending a Survivor Day event is an opportunity to discover that they are not alone in their experience of losing someone they know and love to suicide. Survivor Day was created by an act of Congress in 1999 and since then has been sponsored and supported by the American Foundation for Suicide Prevention (AFSP).

A well-attended local ISOSL Day event was held on Saturday, November 19 at the Gathering Hope House in Lorain. Presented by The Nord Center and the Lorain County Suicide Prevention Coalition (LCSPC), ISOSL Day is part of the suicide prevention efforts supported by the Lorain County Board of Mental Health.

"The Lorain County Board of Mental Health believes that ISOSL Day offers an amazing opportunity for courageous survivors to come together and support each other as they progress on the path to healing," stated Kathleen Kern, Ph.D., Associate Director of the Lorain County Board of Mental Health. "We were grateful the Board could support The Nord Center and the LCSPC in contributing to the success of this event."

This year's gatherings included a screening of Life Journeys: Reclaiming Life after Loss, a new AFSP-produced Survivor Day documentary that traces the grief and healing journey that follows a suicide loss over time. Drawing on stories and insights from long-term loss survivors, the film shows us that through resilience and support we can achieve hope and understanding in our lives while celebrating the lives of those we have lost.

In 2015 there were 330 locally organized ISOSL Day events held throughout the US, Canada, and around the world.

**The Nord Center** is a private, non-profit agency providing comprehensive behavioral and mental health services to children, adolescents and adults in the greater Lorain County area.

The Lorain County Board of Mental Health is the local public agency that plans, funds, monitors and evaluates a system of services for residents with mental illness in Lorain County.

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