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For Immediate Release

**“Hope and Healing”**  
**Share in International Survivors of Suicide Day**  
**at Regional Hospice’s Healing Hearts Center**

(Danbury, Conn.) -- In 2011, more than 39,000 people died by suicide in the United States -- about one person every 13 minutes. Those who are left behind are often left grappling with the why.

On Saturday, Nov. 22, 2014, thousands of survivors of suicide loss will gather simultaneously at local “healing conference” sites around the world to share in International Survivors of Suicide Day. **From 9:30 a.m. to 12 noon, Regional Hospice and Home Care’s Healing Hearts Center for Grief and Loss, located at 73 Stadley Rough Road in Danbury,** will be one of hundreds of locations across the nation where people will gather to find comfort and understanding as they share their stories of healing and hope.

“Coming together on this day allows bereaved individuals whose loved one died from suicide to connect with other survivors of suicide loss in their community who understand their experience,” said Debbie Ryan, vice president of counseling services at Regional Hospice. “For some, it will be the first time they will reach out for support. For others, they will continue their journey of healing and try to cope with the multitude of emotions this type of death evokes.”

Supported by the American Foundation for Suicide Prevention, the event includes a screening of the AFSP documentary *The Journey*, which tells the stories of a diverse group of survivors of suicide loss and how each is weathering their loss and working to find their way back to a life rich in meaning. A brief discussion will follow.

Those who are recently bereaved are encouraged to come for support, practical guidance and information. Those who are further along in their healing may offer a compassionate ear and reassurance that it is possible to survive the tragedy of suicide loss.

For more information, contact Healing Hearts at (203) 792-4422 or email [healingheartinfo@regionalhospicect.org](mailto:healingheartinfo@regionalhospicect.org). To learn more about the world-wide International Survivors of Suicide Day, please visit [www.survivorday.org](http://www.survivorday.org).

Regional Hospice and Home Care, a nonprofit home hospice and palliative care agency based in Danbury, Conn., is currently building the state’s first and only private-room, family centered hospice residence -- the Regional Hospice Center for Comfort Care & Healing -- with plans to accept patients in January 2015. For more than 30 years, Regional Hospice’s certified caregivers have offered real hope to those facing advanced illness and their families through medical, emotional, spiritual and comfort care. The award-winning Healing Hearts Center for Grief and Loss, a bereavement center that offers a range of grief support services, is a program of Regional Hospice. For more information, visit [www.RegionalHospiceCT.org](http://www.RegionalHospiceCT.org). Follow us on twitter: @real\_hope. Like us on Facebook: [www.facebook.com/RegionalHospice](http://www.facebook.com/RegionalHospice).

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