

Living After Loss



Support for those who have lost a loved one by homicide.

Get support from people who understand.

Our peer supporters have experienced the loss of a loved one to violence. We understand grief and offer emotional and logistical support to others who have experienced loss. Because of shared experiences, peer supporters can affirm the capacity to experience life beyond those feelings.

Maintain connections and embrace a new normal.

Peer supporters offer a healing presence by sitting with grieving people. Recognizing that nothing can be done to instantly relieve the pain, we work with individuals and provide support in a way that's best for them.

Learn more.

If you or someone you love needs support, fill out our online form at redcap.columbus.gov/surveys/?s=HWJ98DNWJAJ4KLNJ.

Questions? Email tleasley@columbus.gov.

We help people:

- Improve their sense of control and ability to make changes in their lives.
- Increase their engagement in self-care and wellness.
- Fill service gaps in the community after traumatic loss.



COLUMBUS PUBLIC HEALTH

Living After Loss

Peer Support

Peer Support is:

- Linking to someone with a shared lived experience.
- Building a mutual relationship based on trust, rather than expertise.
- Providing practical needed logistical assistance after a violent loss.
- Offering emotional and social support.
- Helping cope with stressors by sharing knowledge and skills learned and leading by example.
- Helping access and navigate needed systems after a violent loss.
- Increasing individual and community capacity in understanding the impact to the family of a violent loss and encouraging ways to address them.
- Supporting individuals to advocate for themselves and gain the skills they need to advocate on their own behalf.
- Having safe boundaries and encouraging healthy boundaries.
- Asking permission and being respectful.
- Being fully present and relating with empathy.
- Validating strengths and building confidence.
- Providing choices and using empowering language.
- Inspiring growth.

Peer Support is Not:

- Giving advice.
- Assuming the role of the expert.
- Making decisions for others.
- Providing clinical services.
- Replacing a licensed clinician, social worker or mental health professional.*

**You can work with both a peer supporter and mental health professional at the same time.*

Benefits of Peer Support:

- Building relationships.
- Connecting with someone with lived experience.
- Getting help to discover your own positive traits.
- Helping community healing.
- Building effective communication skills.
- Learning how to problem solve with assistance and eventually on your own.



Learn more.

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