GUIDE FOR FACILITATING GROUP DYNAMICS IN THE FACE OF SUICIDE

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OBJECTIVES OF THE MEETING

- Recognize and validate collective pain.
- Reflect on empathy and welcome as a response to loss.
- Create a safe space for sharing, silence and presence.
- Strengthen bonds, showing that pain does not need to be lived alone.

OPENING — BUILDING THE SPACE

> *"We are here because we were crossed by a loss that touches us deeply. Death by suicide often leaves us with many unanswered questions. More than trying to understand the 'why', what we can do now is look at each other and ask: how can we walk together in this moment? This meeting is a space to feel, reflect and support."*

Recommendations to the facilitator

- Avoid narrating details of the suicide (to prevent contagion).
- Respectful listening, confidentiality and freedom — no one is obliged to speak.
- Welcome silence as a legitimate form of expression.
- Reinforce that ambiguous feelings (anger, guilt, confusion) are part of it.
- Observe who shows greater vulnerability and refer if necessary.

RECOGNITION AND VALIDATION OF THE EXPERIENCE

> *"Each of us received this news in a different way. Some may feel sadness, others revolt, others only silence. Grief is not linear and it is not the same for everyone. I would like to invite you to think: what did this loss awaken in me? It does not need to be said in beautiful words, it can be an image, a sensation, even an emptiness."*

Dynamic: Whoever wishes may share in one word or a short sentence. Facilitator: "Thank you for bringing your experience. Each sharing expands our understanding of pain."

EMPATHY AND WELCOME — GUIDED REFLECTION

"In the face of such a loss, we may feel like shutting down, withdrawing. But it is precisely in these moments that the presence of the other becomes essential. Empathy is not solving, it is not having answers. It is sustaining together what seems unbearable alone."

- "When I think of someone suffering, what does it mean for me to be beside that person?"
- Activity in trios or small groups: share experiences in which they felt welcomed in the past — what made a difference?
- Collective synthesis: build a panel with words that express empathy (silence, hug, listening, company, care).

TRANSFORMING PAIN INTO COLLECTIVE GESTURE

"Suicide often leaves a mark of helplessness. But even in the face of what we cannot change, there is still something we can create: gestures of memory, of care and of solidarity. Not to erase pain, but to affirm the life that continues."

Experiential dynamic: Write a sentence or word on cards that express care for the community or for the families. Then, join them all in a mural or circle on the floor.

CLOSING — PATH OF CONTINUITY

"Today we allowed ourselves to look at this loss, to name feelings and to think about how to care for one another. Grief does not end here. It continues in each of us, in different ways, and that is okay. What matters is remembering: asking for help is not weakness, it is courage. May we leave here with the memory that we are not alone, and that empathy can be a path of reconstruction."

Support contacts

United States: 988 Suicide and Crisis Lifeline (call or text 988), emergency 911. Outside the United States: find a helpline in your country at befrienders.org — Befrienders Worldwide. In Brazil: CVV 188, SAMU 192. Talk about Systemic Grief — share Instagram @robertalutosistemico.

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A new way to understand, to resignify, to walk. An invitation to SAY YES TO LIFE!

This material is for educational and welcoming purposes. It is not therapy and does not replace professional care.
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