



www.MSLNetwork.org
Community, Advocacy, & Understanding

CALL TALK

WE ARE THE FIRST COMMUNITY OUTREACH RESOURCE FOR ALL SURVIVORS OF MURDER SUICIDE AND ATTEMPTED MURDER SUICIDE.

We invite you to join our in-person support group for those who have lost a loved one to a murder-suicide. It's a gentle, understanding space to share, listen, and find comfort among others who truly understand.

We meet the last Saturday of every month at 10:30 - 11:30 AM.
The meeting location is 46 Park Street, Framingham, MA (fourth floor).

If you'd like to attend or learn more, please contact Jenna Howe at jennah@mass211.org. You don't have to face this alone.
We're here for you.

murdersuicidelossnetwork.org

Murder-Suicide Loss Network
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mass211.org/call2talk

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211



YOUR FEELINGS ARE SAFE WITH US

We welcome all MSL survivors and attempt-survivors.

That's true whether you are connected to the aggressor, the victim(s), or both. After a murder-suicide, you may feel afraid, angry or isolated, and not sure what to say or do. The loss of or threat to multiple people in a MSL event is incredibly complicated—that's where we can help.

It's Normal To Feel:

Sad or depressed, hopeless or help-
less

Angry or afraid

Embarrassed or worried

Confused

How To Cope:

Call a friend or family member don't
isolate

Seek help from a counselor or therapist

Don't watch the news for a while

Talk with trusted friends and family
members regularly

How To Talk About It:

Use whatever language is comfort-
able for you when you talk about it
If the news outlets or reporters con-
tact you, say "no comment" and
hang up. Instruct your friends and
family members to say the same
thing.

Wait until you're ready to talk. It's ok
to say "I'm not ready to talk about
this right now."