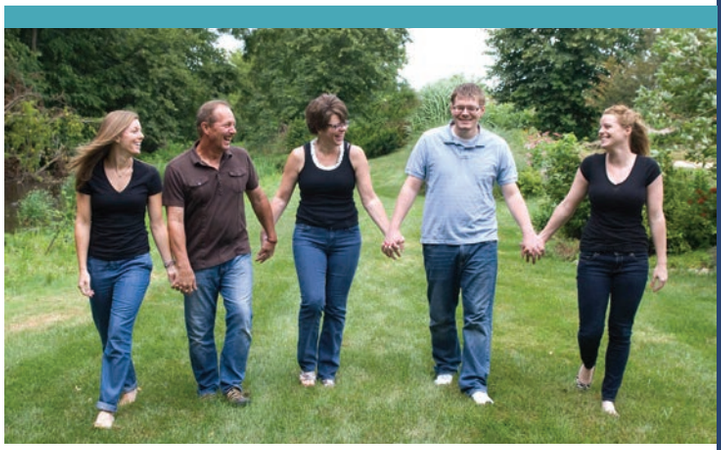
BENS Hope Mission

We honor lives lost to suicide by raising awareness, breaking stigmas, and supporting those in need. Our work saves lives through impactful presentations, showcasing support services, organizing support groups and events, and hosting retreats to accompany others on their paths of grief and healing.



Following the tragic loss of our son Benjamin November 11, 2014, we felt a calling from God to share our story. This divine guidance assured us that by sharing our story, we could make a meaningful impact and potentially save lives. It was from this profound experience that our nonprofit ministry, BENS Hope, was born.

—Patti and Terry Cullen

If you are in crisis and need immediate help: Call 911

24-Hour National
Suicide & Crisis Lifeline
Call or Text 988 or visit 988lifeline.org to chat with a crisis counselor

Crisis Text Line
Text "Home" to 741741 to connect with a crisis counselor

Connect with us here:

bens-hope.org
patti@bens-hope.org
facebook.com/benshopewi
608-732-4728

BECAUSE EVERYONE NEEDS SOME HOPE

BENS HOPE

SUICIDE SURVIVORS, SUPPORT, AWARENESS AND EDUCATION

Patti & Terry Cullen
Non-Profit Cofounders

CONNECT. SUPPORT.
GRIEVE. HEAL.

bens-hope.org

We're Here For You **You Are Not Alone**

Facebook

Visit Facebook to learn more about support, events and our story **facebook.com/benshopewi**

Survivors of Suicide (SOS) Meetings

Join us for monthly Survivors of Suicide support. Meetings held 2nd Tuesday monthly. Visit **bens-hope.org** for dates and times.

Annual 5k/2M Walk/Run Event

Held annually 3rd Saturday each September. Honor loved ones lost to suicide. Find support and love in community with others who understand and care. Register at **bens-hope.org**

Helping Hands Giveaway

Nominations accepted annually during February. Nominate yourself or someone else for a chance to win. Three recipients chosen and blessed with monetary donations. Nominations taken at **bens-hope.org**

BENS Hope Grief and Healing Hearts Retreats

Come together with others on their grief and healing journey in a loving and non-judgmental space where support is given and love is abundant. You Are Not Alone on your journey.

24/7 Through Resources

See back of brochure or visit **bens-hope.org** for more.

Presentations - in person or virtual

Our speaking experiences include schools, universities, conferences, corporate events, nonprofit organizations, religious institutions, community groups and more. Your interest in having us share our message is greatly appreciated. To schedule speaking engagement, **email patti@bens-hope.org**.

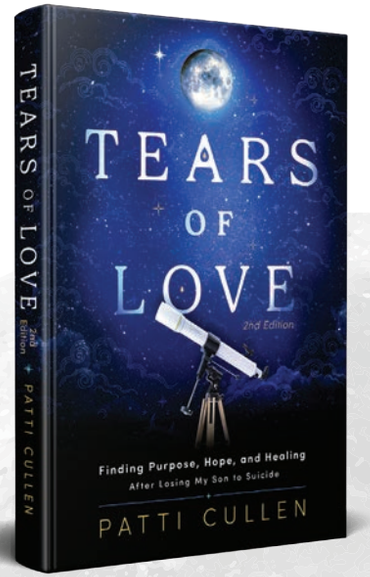
Grief Grace & Gratitude specialist
Patti Cullen

Grief, Grace, & Gratitude Support

As a Certified Grief Educator, I offer heartfelt assistance to those journeying through the challenging path of loss. Join me in a safe empathetic space where you can openly express your feelings as you navigate your grief. With insights from my personal experiences and professional background, my hope is for you to find the compassion and comfort you seek. Remember, you're not alone on this profound journey of grief and healing. You Matter, I Care, Let's Talk About It. —Patti

Certified Grief Educator
BY DAVID KESSLER + GRIEF.COM

To electronically schedule an appointment, scan this QR code or visit **bens-hope.org/gggss**

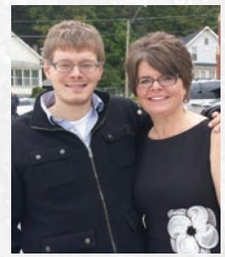


A mother's raw grief.
A family's search for meaning.
A legacy of healing and hope.

Tears of Love is a book that can change — and even save — lives.

Available Now in paperback, hardcover, and ebook.

ReadTearsOfLove.com



When Patti Cullen lost her beloved son Ben to suicide, her world changed forever. ***Tears of Love*** is her moving story of grief, faith, and finding purpose — now expanded in this powerful **2nd Edition.**