



# SURVIVORS

**after suicide**

A Program of Didi Hirsch Community Mental Health Center

APRIL/MAY/JUNE 2003 • VOLUME 16, NO. 2 • PUBLISHED QUARTERLY

## You Shall Be Released

Stephen Levine

When we are grieving, moving in a slow healing process through fear and loss, we are also undergoing an extraordinary awakening of the heart. Grief can broaden our capacity for empathy and deepen our strength. We mourn the absence of a loved one, the loss of safety, or the disappearance of certainty—the stark awareness that none of us know what might happen next. But even here there is a great life teaching: the truth of impermanence, the preciousness of this fleeting moment. The recognition that we don't have a moment to waste—and the realization that love is the only rational act of a lifetime.

Often the simplest healing techniques are the most powerful: just taking a deep breath, as if directly into your heart, and feeling the sigh of letting go in the exhalation. Breathing in some of the love you have known and breathing out some of the sorrow. Discovering how a breath taken directly can revive the heart.

Another technique is the soft-belly practice. Here, you sit quietly and, out of the flurry of your thoughts, sensations, and feelings, begin to feel the body you live in. Gradually you let your attention rest on your abdomen and ride the rising and falling of the ocean of breath: inhalation, belly rising

AMERICAN ASSOCIATION OF SUICIDOLOGY

## The 36th Annual AAS Conference

will be held at the

**Lafonda Hotel and Hotel Loretto  
in Santa Fe, New Mexico**

**APRIL 23 THROUGH 26, 2003**

*The Healing Conference for survivors will take place on  
Saturday, April 26 — the final day of the conference.*

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with the tide: exhalation, the tide goes out. Soften the belly to allow awareness to settle in. Soften to the fear, the anger, the distrust—and let go. Feel how a single thought can tighten the belly. Each withdrawal from pain, each attempt to numb grief turns our belly to stone. Actually, every moment of anger is grief, a reaction to loss or not getting. Every instance of fear, doubt, or shame is grief. Every moment of jealousy, confusion, or hatred is grief. If you can, begin the day with 15 minutes of the soft-belly exercise and notice how it relieves not only the body but the mind. Many people

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## On a Rosebush Full of Blooms

Ernestine Clark  
Oklahoma City, OK

On a rosebush full of blooms there is occasionally one rose more fragile than the rest. Nobody knows why. The rose receives the same amounts of rain and sun as its neighboring blooms; it receives the same

amounts of water and of food from the earth, of clipping and tending and gentle encouragement from the gardener. Its time on earth is neither more nor less significant than that of the other blooms alongside. Its stresses are neither greater nor fewer. Its promises of development are just as rich. In other words, it has all the necessary components to become what it is intended to be: a beautiful flower, fully open, spreading its

fragrance and color for the whole world to see and enjoy.

But for some inexplicable reason, once in a while a single rose doesn't reach maturity. It's not the gardener's fault. It's not the fault of the earth, nor of the rain, nor the sun. But neither is it the fault of the rose. For some roses, even the touch of the gentle spring rain leaves bruises on the petals. The sun's rays—so soft and warm to some flowers—feel searing to others. Some roses thrive while the fragile ones feel buffered by inner and outer ghostwinds.

So it is that sometimes, despite the best growing conditions and best efforts of the gardener and the best possibilities and predictions for a glorious blooming season, a particularly

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**SAS exists to help people resolve their grief and pain in their own personal way,  
and to help them move forward in their lives, positively and productively.**

## The SAS Coordinator's Column



Carole Chasin, M.A., M.F.T.

What great admiration and appreciation I have for our volunteer co-facilitators and Telephone Support Counselors. Through their participation, they are instilling in survivors a valuable feeling of HOPEFULNESS. Survivors who are experiencing heavy emotional pain learn that they will survive their horrific loss(es) and be able to return to a normal level of functioning, primarily through the HOPEFULNESS imparted by the volunteers.

Our co-facilitators and telephone counselors use their own experiences to reflect upon while supporting other survivors. Through their empathy, validation and normalization of feelings, survivors soon realize they are not alone, that what they are feeling is often normal for where they are in their grieving process, that their emotional pain will subside, and they will feel better over time.

Our support program would not be as successful nor would it be a model that others emulate without our volunteers. Thank you for being such a valuable asset to the healing process of hundreds of survivors each year.

Carole ☺

## Experiencing the Death of a Sibling as a College Student

Michelle Linn-Gust  
author of *Do They Have Good Days in Heaven?*  
*Surviving the Suicide Loss of a Sibling*

The hardest thing I've ever had to do in my life was walk through my parents' front door after my sister Denise's suicide. I was 21, a junior at Ball State University in Muncie, Indiana, majoring in journalism when Denise died. She was 17, two weeks from turning 18 and two months from graduating from high

school. After bouts with depression, bulimia, and rape, Denise decided she could not bear any more life and walked in front of a train on March 18, 1993.

I was almost five hours from my parents' suburban home when they found out about Denise's death. They arranged for the pastor of my church to tell me. However, what no one anticipated was that I would have to be pulled out of my Western Civilization class to be told. I knew when I saw Fr. John standing at the door though. Something inside of me screamed out.

As we walked back to the church with my bicycle and Sr. Rita then drove me home on that dreary day, all I could think about was how my life would never be the same again. But in the back of my mind, I felt that as long as I wasn't there, it wasn't true. I wouldn't have to really confront it until I walked through the doors of the only house Denise ever lived in.

That moment confirmed that Denise was gone. The sister I shared a room with for 10 years would no longer be a part of my life. We had grown up together, mostly because we were so close in age. We did everything together and what I mostly remember are all the made-up games we played with our Barbies and Raggedy Anns. Suddenly, half my childhood memories were gone. Denise took a chunk of my life when she died.

She also took with her all my hope that life holds unlimit-

ed promises. I had always thought my sister would be there for the rest of my life. She would be at my graduation from college, the day I got married, and the day I had children. Denise knew more about what I wanted from life than anyone else. She supported me, even when I wasn't the best sister to her.

At 21, I was faced with all these thoughts and emotions. I returned to school the afternoon after the funeral. I didn't want to stay home. What was I going to do there? I had taken home my textbooks (an obvious sign of shock that I thought I would have time to study) and was anxious to return to school. There, at least, was some normalcy I could hold on to. My mom later told me that she didn't want me to leave but knew she couldn't stop me.

I went back to my classes the next day. All my professors knew and I was offered time off from the midterms I had to take but I chose to take them immediately. I don't remember how I did on any of them but I realized I wasn't going to take the time to study in a few weeks when I only would be getting further behind. Also, I was the assistant sports editor of the Ball State Daily News and Mike, the editor, told me to go home and take some time off.

But what was I going to do there? I wanted everything to be okay. Everyone else's lives were the same but mine. And what I didn't know was that in three weeks, when the shock wore off, I would really need that time off. Then, however, I wouldn't be able to have it. Society was already telling me to go on.

No one around me had experienced a loss as I had. My friend Bob's father had just died from cancer so he was the only person who could empathize with me in any way. There was no suicide survivors group on campus or in Muncie at that time. My roommates did the best they could, listening. And my friends from high school called me and sent me letters. They were the best support I could have ever asked for. I just wish they had been closer in proximity to me so I could

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## Experiencing the Death of a Sibling

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have spent more time with them.

I was running ragged and just trying to finish the semester. I was tired, probably eating a lot because my body needed the energy. I continued my daily runs, even though I felt sluggish. At least I was getting out. Many times, I would talk to Denise as I ran down the street. I needed to feel a connection to her. I struggled to get through my final exams so I could go home and be away from everything that reminded me of that day in March. Email had just really come into use at that time and I only emailed two people—my friend Dave and my older sister Karen. I relied on the telephone to talk to my family and friends. It would be at least two years before I would meet another bereaved sibling.

Just two weeks after Denise died, I went to a barbecue to watch the NCAA Final Four basketball tournament on television. We laughed and had a great time. But I felt guilty. Denise wasn't alive anymore. That summer after she died, I was at the Olympic Training Center in Colorado Springs, CO, doing my internship with USA Boxing. I had put myself into a situation where no one knew anything about me. Probably not a good idea for someone just fresh onto a grief journey, but the OTC was a place Denise and I shared as we had traveled there before with our mom. I'd worked hard for my internship and wasn't about to give it up. Again, people did the best they could helping me to cope. Still, it was hard when someone told me I'd always be the same Michelle, I'd like the same things, do the same things. Well, nine years later, I still don't follow baseball like Denise and I did. Everything had changed and I wasn't given a choice.

I knew by the end of the summer that I wouldn't be pursuing a journalism career. Somehow, I graduated on time though. I had to get out of Ball State. And I did something I always said I wouldn't do—go to graduate school and become a teacher. Life had changed me in ways I couldn't imagine. I was becoming someone other than I planned. In the fall of 1994, I entered the University of New Mexico, again living in a place where no one knew anything about me or the event in my life that transformed everything. At times, I wanted to blurt out about Denise. I wanted everyone to know. They had to know. It had made me someone else.

Because of my life at Ball State (working for the newspaper) I really didn't have time to date anyone there. I was also so exhausted most of the time. And, in the fall of my senior year, just seven months after Denise's suicide, my grandmother died. The television show, "Murphy Brown" got me through that spring semester to graduation. I needed some-

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*A gift, I'm told, you've left behind,  
That I must seek and find;  
But pain too deep, and missing you  
Have blocked my open mind.*

—Iris Bolton, from "The Suicide of My Son," ©1977

*The idea of any gifts arising from our loved one's suicide may have seemed inconceivable at first, but with time, they are revealed. Later in Iris's poem, we discover that the music her son composed became her gift. Becky and Dave Jordan lost their daughter, Alicia, seven years ago. They share their gifts:*

I read a book once that said that love and grief are like a coin. One side represents the degree of our love, and the other side, the degree of our grief when we lose a loved one.

We lost our 15 year-old daughter, Alicia Hayes, to suicide May 23rd, 1996. I've also heard that we are sometimes tempted to give our loved one "saint" status all of a sudden in our loss. I know that my daughter was not a saint, but I do want to share how I've tried to keep her a part of my daily life.

When I celebrated my first birthday without Alicia, I gave myself a tattoo as a permanent gift from her. She loved butterflies, as does her sister Monique, so I had a tattoo put on my left wrist, and the significance of placement is that she was left-handed. Of course, I'm not recommending this for everyone, but I love my tattoo. She also loved the time 7:11, either a.m. or p.m., so I get to remember her every time I catch this moment on a clock wherever I may be. We even have old Scrabble score sheets with her writing and scores on them, so this is always a nice surprise we keep in the game box.

On Alicia's birthday I sometimes donate blood as a way to celebrate her life. Maybe the donation some day might save a life.

She also left behind some old homework and writing assignments. One teacher asked her if she could have a personalized license plate, what would it be, and what would it mean? Her answer was 2K2P2DF...two kids, two parents, two-dog family. I have recently ordered this plate for my Explorer, so if you see me on the 405 freeway, give me a honk and a smile to remember a little girl named Alicia and your loved one.

I share all this with you only to challenge you to look around and maybe to find little ways to keep positive memories of your loved one as we continue on this journey called life. ♡

*If you'd like to submit a story for The Gift, please write the editor at [sasnews@earthlink.net](mailto:sasnews@earthlink.net).*

## Erik Hendin



Erik Hendin

When Erik Hendin's girlfriend, Stevie Miller, died of suicide on April 12, 2001, he began to write and perform songs like *Disappear* and *I'm a Survivor*. Erik's *Songs for Survivors* are now downloadable from the American Foundation for Suicide Prevention's website ([www.afsp.org](http://www.afsp.org)), and all proceeds from *Songs for Survivors* will go to AFSP. "It has definitely been a healing process for me to write and perform these songs, particularly for other survivors," he says. Erik performed at the Lincoln Memorial for the SPAN Survivors Tribute in July of last year. The event centered around the quilts made in memory of those lost to suicide. Erik says, "This process has brought my focus beyond my internal struggles with grief to different areas, including prevention, support groups for depression, survivors, and most recently toward mental illness." Erik is scheduled to perform at the AAS Conference in Santa Fe in April.

Erik's debut album, *Long Journey*, contains all of the songs on *Songs for Survivors* as well as 12 other songs he wrote as his emotional process unfolded following his girlfriend's death. *Long Journey* is available from CDBaby online at <http://www.cdbaby.com/erikhendin>. Visit Erik's website at [www.erikhendin.com](http://www.erikhendin.com) or email him at [erikhendin@att.net](mailto:erikhendin@att.net) for more information. ♡

## You Shall Be Released continued from page 1

come back to this practice several times a day and report having a better day for it.

When we suffer a loss, we often feel a very tender spot at the center of the chest. Simply tapping the grief point can balance energy in this area, which encourages a deeper opening of the qualities of the heart. Some lightly tap as they walk. As you focus on the sensations in the grief point, trusting what you would otherwise retreat from, confidence in your capacity for healing and growth is restored.

If we are ever to be at peace, we must explore our fear and distrust, our anger and hopelessness. We must enter the pain that ends pain. The purpose isn't simply to get out of our own suffering; it's also to have insight into others'.

As we see the mindfulness and care, the presence and mercy from which peace arises, we come to understand how their absence leads to conflict. The more thoroughly we comprehend what causes our own suffering as well as the suffering of war, violence, and separation, the less likely we are to create those conditions for one another.

As the heart mends, the meaning of life continues to

## Lifekeepers Memory Quilt

We want the world to know our loved ones lived and deserve to be remembered. All 50 states have come together in this joint effort to educate the world for the need to reduce the incidence of suicide. The two existing quilts have been displayed at national meetings, and we are currently putting together a third. A \$20 fee covers the cost of material, labor and postage necessary to create your visual tribute.

**Yes, I want to create a quilt square to honor:**

\_\_\_\_\_

Send the material and instructions to me:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Enclosed is my \$20 check or money order made out to Catherine Montgomery to cover the cost of material, labor and postage.

### Mail to:

C. J. Montgomery, P.O. Box 948, Redondo Beach, CA 90277  
or call Catherine at 310.316.2527 for information.

change. At first perhaps with a bit of disappointment, but then with great relief and a sense of limitless possibility, we come to the realization that the meaning of life—to life—is the meaning we bestow upon it. That nothing but forgetting separates us from the divine.

How we approach not knowing what comes next is what gives meaning to our lives. Learning to trust the joy and pain of our unpredictable lives engages the richness of the heart and suggests purpose.

We develop a greater concern for the welfare of other people. Thinking about helping others is a sign of coming out of the dark. Not just a lightening of heaviness, of specific fears, but an essential understanding of the ingredients of all fear: doubt dissolving into distrust dissolving into pride, posturing and impatient for conclusion.

We begin to recognize grief not just as *my* pain, *my* personal predicament, but as the pain we share with so many. We are no longer alone in our sorrow; we are well within what healers refer to as the medicine hoop, the heart-linked community of healing and growth.

If we can say that grace is a sense of connection with the sacred within and around us, we may see how, impossible as it may sometimes seem, tragedy holds the seeds of grace. And we see, too, that grace may not always be pleasant but it always brings us closer to our true heart. ♡

*The source of this article other than the date, April 2002, is unknown. We apologize to the author and magazine and thank them for an outstanding piece.*

## Experiencing the Death of a Sibling

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thing to look forward to because at times I was afraid of what would come next.

But when I got to Albuquerque, I allowed myself time for dating. It was very hard because everything was fine until I started talking about Denise. It was just over a year after her death and I was beginning to realize that grief would be a life-long journey, not just three days, three weeks, or exactly one year. Getting people around me to understand that was another story though. One guy I dated said that I liked “feeling guilty in a perverse way.” I had lots of male friends but it was difficult for a man to want to invest the energy in my loss, probably because he didn’t want to think about what it would be like if it happened to him. Time would lead me to my husband, Joe, who also lost a sibling. It wasn’t what drew us together but I do believe it has made things easier.

While I was working on my graduate degree, I took a class called health issues on death and dying. I wrote a paper on suicide bereavement and it was there that I learned how little information was available for suicide survivors. And how much was missing for siblings. I knew then I wouldn’t become a teacher and be the role model as I thought I needed to be. I was going to write a book for siblings instead. Since first grade, I’d wanted to be a writer and I had many people encouraging me to tackle this project. I’d kept a journal since eighth grade and always wrote long letters to my friends so I knew how the power of writing could help us cope with our losses

Five years and 30 publishers later, in 2001, *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling* was published, the first comprehensive resource for sibling survivors of suicide. I didn’t want anyone to experience what I had, wondering why I would sit in front of my computer screen and see visions of the funeral and think I was crazy. I had no idea it was a part of grief but no one knew to tell me that. I dreamed about her many nights, both as 17 before she died and as children when we used to play. I feared telling people that though. I had no idea it was about wanting to reconnect with her.

I still carry Denise around in my heart. She’s always with me. And because of her, I’ve been able to help so many other people. A life I never could have imagined. We never know where it’s going to take us but I do know that we all can survive and be happy again. Even without the sibling we shared so much. ✦

*Michelle Linn-Gust is the author of Do They Have Good Days in Heaven? Surviving the Suicide Loss of a Sibling. This article is reprinted from The Sibling Connection, [www.counselingstlouis.net](http://www.counselingstlouis.net), January 2003.*

## Sibling Research Study

Six research sites across the country are undertaking a study to try to identify the genes that contribute to major depression.

### Researchers are seeking families in which:

1. one sibling took his/her own life, and
2. there are at least two surviving siblings who have suffered from depression.

### What Participation entails:

You, your sibling and other family members you identify, will partake in a telephone or in-person interview with a clinically trained interviewer who is part of our research staff. The interview may take between 2-3 hours. It will involve questions regarding emotional as well as physical health. The interview will also include questions concerning some of your family members. Any information that you share with us will be kept strictly confidential. All information that you give us will be kept with the research staff alone, separate from your medical records and your name, and will be replaced with an identification number. Not even your family members will have access to your information. The study also requires collecting blood samples from you. Participation requires that you and your siblings sign consent forms after having the study explained. We will not contact any family member without your permission.

### Reimbursement:

You will be reimbursed \$50 for a completed interview, \$25 for a blood sample, and for any other expenses related to the study.

### For More Information:

If you should have any questions and think you are interested in participating, call (212) 543-5078/6520 and ask for the Sibling Health Study. If no one is there to answer your call please leave a name, number, and best time to return your call. You can also send an email to [sibhealth@childpsych.columbia.edu](mailto:sibhealth@childpsych.columbia.edu). As there is a high volume of calls and emails, please be patient as it may take several days before someone is able to get back to you.

### Genetics of Fear and Anxiety Study (G\*FAST):

Researchers are also conducting a study on the genetics of fear and anxiety. Call (212) 543-5078/6520 and ask for the Genetics of Fear and Anxiety Study.

## Contributions 12/15/2002 – 1/31/2003: *A million thanks for your generosity!*

### IN LOVING MEMORY OF:

**Alex Zingaro** from Gale Hays Van Ort  
**Amber Nicole Martin** from Shirley and Charley Mims, Jay Ramirez, Nancy Sullivan, Nancy and Richard Wheaton  
**Andrea** from Jeanie Gaynor  
**Brad DeLoof** from Janice DeLoof  
**Dallas Whitney** from Carol and Douglas Whitney

**Dan Hines** from Melinda Hines  
**Denis Svoboda** from Dagmar Svoboda  
**Drew Wickline** from Gene Elzenberger  
**Ginga Raiford** from Mr. and Mrs. John D. Raiford  
**Larry Goldberg** from Norman Goldberg  
**Melissa Beth Tobin** from Stephen Tobin, Ph.D.  
**Rebecca Suzanne Lemmon** from Mr. and Mrs. Robert F. Lemmon

**Robert L. Vogt, Jr.** from Eileen J. Vogt  
**Shari Jane Potter** from Mr. and Mrs. Chuck Potter  
**Steven E. Hicks** from Lana Lopez

### IN HONOR OF:

**Lois and Sam Bloom** from Marcia Epstein  
**Mr. and Mrs. Greg Ibbetson** from Linda L. Bensen  
**Scott Hewitt** from Janis and Amos Hewitt  
**My husband** from Rosa Hallick

*To make a contribution,  
please use the envelope enclosed in this newsletter*

## Calendar of Upcoming Events

### APRIL 23-26, 2003

**American Association of Suicidology  
36th Annual Conference**  
Lafonda Hotel and Hotel Loretto  
Santa Fe, New Mexico  
See [www.suicidology.org](http://www.suicidology.org) or call  
1.202.237.2280.

### APRIL 26, 2003

**American Association of Suicidology  
13th Healing Conference**  
Santa Fe, New Mexico  
See [www.suicidology.org](http://www.suicidology.org) or call  
1.202.237.2280.

### APRIL 30, 2003, 1:30-4:30 EDT

**Living with Grief:  
Coping with Public Tragedy**  
Hospice Foundation of America  
Tenth Annual Living With Grief  
Teleconference  
Moderated by Cokie Roberts.  
See [www.hospicefoundation.org](http://www.hospicefoundation.org).

### MARCH 14 - APRIL 13, 2003

**Too Young to Die**  
On tour across America. Several bands will perform at each show. Sampler CDs will be available on tour and are presently at all Hot Topic retail stores. A portion of the proceeds from the sale of tickets, CD samplers and merchandise will be donated to The AFSP.  
See [www.deepelm.com/tytd/tytd.html](http://www.deepelm.com/tytd/tytd.html)

### MAY 2003

The first week of May is National Suicide Prevention week.

### MAY 13-14, 2003

**NIMH/AFSP Suicide Survivors Research  
Workshop**  
Washington, D.C. See [www.afsp.org](http://www.afsp.org) or call  
1.888.333.2377

### MAY 16, 2003

**Erasing the Stigma Leadership  
Awards 2003**  
Didi Hirsch honors Lois and Sam Bloom, Patty Duke and Andrew Solomon at its annual event at the Regent Beverly Wilshire. For further information please call ONE EVENT MANAGEMENT at 310.273.7513.

### MAY 2003

**NAMI Walks for the Mind of America**  
In Delaware, Florida, Louisiana, Maine, Maryland, Missouri, New Hampshire, New Jersey, Ohio, Oklahoma, Oregon, and South Carolina. Part of NAMI's "Campaign for the Mind of America," a multi-year effort to promote investment in recovery and to prevent the abandonment of Americans with mental illnesses to neglect and hopelessness. See [www.nami.org](http://www.nami.org).

### JULY 19-22, 2003

**SPAN USA's 8th Annual National  
Suicide Prevention Awareness Event**  
Washington, DC. See [www.spanusa.org](http://www.spanusa.org).

### JUNE 3-4, 2003

**AFSP's Youth Suicide Prevention  
Workshop**  
At the Penn Club in New York City. See [www.afsp.org](http://www.afsp.org) or call 1.888.333.2377.

### IS SUICIDE A CHOICE?

*"No. Choice implies that a suicidal person can reasonably look at alternatives and select among them. If they could rationally choose, it would not be suicide. Suicide happens when all other alternatives are exhausted—when no other choices are seen."*

—Adina Wroblewski, *Suicide: Why?*, 1995

## On a Rosebush Full of Blooms

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fragile rose will share its glow for awhile, then fade and die. The gardener and the rosebush and the earth and all around grieve.

We are never ready for a loss—for the loss of a promising rosebud, nor for the loss of a friend or relative whose life appears ready to unfold with brilliant color and fulfillment. In the midst of our grieving, we can be grateful we were in the garden during the same season. We can remember and celebrate the glimpses of color and fragrance and growth that were shared. We can love her fragile rose and the fragile soul for the valiant battles won and the blooming that was done. And as our own petals unfold, we can remember the softness and beauty of those who touched us along the way. ♡

*Reprinted from The Compassionate Friends of the Valley, Feb/Mar '03*

*AFSP's Teen Suicide Prevention Kits are now available. To order the kit free of charge, call 1-888-333-AFSP ext. 14, or email [lteegarden@afsp.org](mailto:lteegarden@afsp.org). Please allow 4-6 weeks for delivery.*

# Important Phone Numbers and Resources

## HELP LINES

**Suicide Prevention Center Crisis Line:**  
Toll free in LA County: 1.877.727.4747

**Suicide Prevention Center Crisis Line:**  
Outside LA County: 1.310.391.1253

**Didi Hirsch Community Mental Health Center:**  
1.310.390.6612

**Trevor Helpline** (Suicide Hotline for gay, lesbian, bisexual and questioning youth): 1.800.850.8078

**National Suicide Prevention Crisis Line:** 1.800.SUICIDE (800.784.2433), 24 hrs., connects with local certified help

## RESOURCES

**AAS** — American Association of Suicidology (professional training/education/research/prevent/survivors): 1.202.237.2280, [www.suicidology.org](http://www.suicidology.org)

**AFSP** — American Foundation/Suicide Prevention (research & education): [www.afsp.org](http://www.afsp.org), 1.888.333.2377

**Compassionate Friends/South Bay, LA:** 1.310.368.6845

**Compassionate Friends, Inc.** (parents grief): 1.630.990.0010 [www.compassionatefriends.org](http://www.compassionatefriends.org) — chat room 10am-11:00 pm

**NAMI** — National Alliance for Mentally Ill: [www.nami.org](http://www.nami.org) 1.800.950.6264

**NAMI-California:** [ca.nami.org](http://ca.nami.org), 1.916.567.0163

**NOPCAS** — National Organization for People of Color Against Suicide, Dr. Barnsi: 1.512.245.8453

**SPAN-USA** — Suicide Prevention Advocacy Network: [www.spanusa.org](http://www.spanusa.org), 1.888.649.1366

**SPAN-California:** 1.310.377.8857

**SAVE** — Suicide Awareness/Voices of Education (depression and suicide information): [www.save.org](http://www.save.org)

**The Surgeon General's Call to Action 1999**, download from: [www.spanusa.org](http://www.spanusa.org)

**Yellow Ribbon Suicide Prevention Project, Light for Life International:** [www.yellowribbon.org](http://www.yellowribbon.org), 1.303.429.3530

## INTERNET SUPPORT

[www.suicidepreventioncenter.org](http://www.suicidepreventioncenter.org): OUR WEBSITE, Survivors After Suicide Newsletter, current issue

[www.friendsforsurvival.org](http://www.friendsforsurvival.org): Friends for Survival, Inc., Sacramento, CA

[www.webhealing.com](http://www.webhealing.com): articles of interest

[www.griefnet.org](http://www.griefnet.org): grief support; a system that can connect you with various resources

[www.1000deaths.com](http://www.1000deaths.com): SOLOS survivor support and suicide prevention

[www.groups.yahoo.com/subscribe/parentsofsuicides](http://www.groups.yahoo.com/subscribe/parentsofsuicides): support for parents of suicides

[www.geocities.com/Heartland/Hills/9689](http://www.geocities.com/Heartland/Hills/9689): L.A.R.G.O., Life After Repeated Grief: Options (Sascha Wagner)

[www.geocities.com/nopcas](http://www.geocities.com/nopcas): National Organization of People of Color Against Suicide (NOPCAS)

[www.twotoomany.com](http://www.twotoomany.com): SAS Editor's website, lost two brothers to suicide

[www.spanusa.org](http://www.spanusa.org): helplines, prevention information and resources for mental health, etc.

[www.beforetheirtime.org](http://www.beforetheirtime.org): a musical resource to provide comfort to people after the death of someone close

[www.siblingsurvivors.com](http://www.siblingsurvivors.com): Michelle Linn-Gust's website

[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com): a website dedicated to those who have lost a loved one to suicide

[www.nameastar.net](http://www.nameastar.net): Name a Star's Memorial Star™ can be given as a memorial in remembrance of a loved one

[www.nostigma.org](http://www.nostigma.org): a public service campaign to educate the public about mental health issues and eradicate the fear, shame and stigma commonly associated with mental illness

<http://www.med.u>  
[www.suiciderefer](http://www.suiciderefer)

***"When someone dies, our tears create the rivers that carry them on their journey."***  
Malidoma Somé, Dagara Tribe Story

[www.suicidewar.com](http://www.suicidewar.com): honoring vietnam veterans.

## The Suicide Prevention Center's Minority Outreach Program

In its ongoing efforts to educate the community about warning signs, risk factors and interventions to prevent suicide, the Suicide Prevention Center's Minority Outreach Program, funded by the California endowment, provided presentations to the following schools and agencies during the month of **January**.\*

	<i>participants</i>		<i>participants</i>
Jan 6	5	Jan 8	20
Jan 6	7	Jan 10	13
Jan 6	1	Jan 10	2
Jan 6	24	Jan 16	11
Jan 8	10	Jan 17	6
Jan 8	1	Jan 21	52
Jan 8	1	Jan 27	4
Jan 8	1	Jan 30	14
Jan 8	1	Jan 30	16

**A total of 189 people attended these presentations.**

## REPRINT POLICY

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**"Reprinted with permission from the Survivors After Suicide Newsletter, a Program of the Didi Hirsch Community Mental Health Center: Suicide Prevention Center, 4760 S. Sepulveda Blvd., Culver City, CA 90230"**

Also include the issue date and year the article appeared. Kindly send us a copy of any reprints for our authors to the attention of Deborah Pikul, Editor. Thank you.

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View this newsletter online at [www.suicidepreventioncenter.org](http://www.suicidepreventioncenter.org).  
Click on Bereavement.

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## SURVIVORS AFTER SUICIDE NEWSLETTER

A quarterly publication of Survivors after Suicide (a support group for those who have lost a loved one to suicide), a program of the **Didi Hirsch Community Mental Health: Suicide Prevention Center**  
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