



SURVIVORS

after suicide

A Program of Didi Hirsch Community Mental Health Center

APRIL/MAY/JUNE 2004 • VOLUME 17, NO. 2 • PUBLISHED QUARTERLY

Disruption

Rick Mogil
Studio City, CA

It has been a little over a year since my brother Ed completed his suicide.

Four hundred and sixteen days, to be exact, or as close as the coroner could determine. Another anniversary to

remember, easily so, as it is seared into my memory. January 28th, 2003.

It was a Tuesday. He had left his home in Oregon City on Monday and drove 100 miles to a small coastal town where he took a room in a motel. He was alone except for his best friends, Jack Daniels and Smith and Wesson.

What was he thinking?

How could his despair reach such depths that he could take a pistol, place it against his head and pull the trigger? How could he? How DARE he! Oops! There's that "Why'd he do this to me" creeping in again. I know this was not done to

continued on page 3

Surviving With the Survivor

Bob Zent
Moorpark, CA

Much has been written and discussed about the pain and aftermath of the loved ones left behind after a suicide. Survivors must learn to live without a friend, a wife, a lover, a sibling who will

never be seen again. Never again will that person be a part of a current event in the lives of those left behind.

All survivors know what it means to struggle with intense pain and loss. Daily reminders can pop up at any moment and bring one back to the day of the event. I have found this to be an ongoing and probably never ending part of my life now, too.

You see, I have not lost anyone to suicide, but Debbie Pikul, my girlfriend, my best friend, and the editor of this publication, has. Debbie has lost *two* brothers to suicide. Part of her healing process is to be involved with the Survivors After Suicide program at Didi Hirsch. I often go with Debbie to the functions Didi Hirsch hosts.

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Dr. Jay Nagdimon Receives Prestigious International Award

Deborah Pikul, Editor

STOCKHOLM, SWEDEN —

The International Association of Suicide Prevention presented its 2003 Ringel Service Award to Dr. Jay Nagdimon, director of the Suicide Prevention Center (SPC) and Emergency Services at Didi Hirsch



Dr. Lakshmi Vijayakumar and Dr. Jay Nagdimon

Community Mental Health Center in Culver City, California. The Ringel Service Award is granted to those whose distinguished service in the field of suicidology is evidenced by their national leadership, among other criteria.

"It was a great honor to be selected for this award by an international organization, considering the many outstanding professionals who work in the field of suicide prevention," said Dr. Nagdimon.

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Ester Ybarra-Bryant

In December, L.A. County Supervisor Yvonne Brathwaite Burke (right) presented Ester Ybarra-Bryant (left) with a County of Los Angeles Proclamation for her dedicated volunteer work at Didi Hirsch.

SAVE THE DATE

Didi Hirsch's Eighth Annual Erasing the Stigma Leadership Awards

FRIDAY, MAY 14, 2004

This year's award ceremony will take place at the Beverly Wilshire. See Calendar of Upcoming Events on page 6.

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.

Our **Survivors After Suicide** program is now approximately 23 years old and over these years, we have been providing support in a variety of ways. Education, encouragement, instruction and empathy are essential aspects to our program; yet, the foundation and core to what we offer

would be our eight-week **support groups**. A quote from our SAS brochure helps describe the value of our groups: "Participants say the group offers a place where they are able to talk with others who understand because they, too, have lost someone to suicide. They can share experiences, ask questions, and disclose feelings, which they are often

unable to express elsewhere. This process facilitates **healing**. Most important, participants find a place where there is no shame, no stigma and no isolation in being a survivor."

There is an evolution to the grief that a survivor can experience, within themselves, over the eight weeks through the process of sharing their story and expressing feelings such as guilt, anger, sadness and even laughter. Sharing with others who have lost a loved one to suicide is healing and our groups provide such an opportunity. I am grateful to the **survivor co-facilitators** in our groups who help with the healing process by instilling **hopefulness**, through their own experiences, and showing by their example that grieving is an ongoing journey that, over time, does get easier.

Carole ☺

Dr. Jay Nagdimon *continued from page 1*

Dr. Nagdimon's involvement in suicide prevention and crisis intervention spans ten years and includes service and program development at Didi Hirsch Community Mental Health Center. Under Dr. Nagdimon's direction, the number of volunteers on SPC's crisis lines grew from 35 to 125. An additional 47 volunteers work in the Survivors After Suicide program. Prevention materials for SPC now include television, radio and print public service announcements and brochures, and each year SPC hosts Alive and Running, a fundraiser which raises community awareness as well as dollars that give SPC much needed operating revenue.

The Minorities Outreach Program is a suicide prevention program co-authored by Dr. Nagdimon. He has conducted this program 124 times using versions created for adolescents, adults, and mental health professionals. He also authored the Adolescent Suicide Prevention Program, a presentation for high school students.

Dr. Nagdimon is a founding member of several organizations including the Adolescent Suicide Review Committee in Los Angeles, the Trevor Project (a suicide prevention program targeting gay and lesbian adolescents), the Suicide Prevention Advocacy Network-California (SPAN-California), and the Kristin Brooks Hope Center (the nation's only crisis line network). On a state level, Dr. Nagdimon has testified before the Senate Subcommittee on Mental Health regarding the problem of suicide and the importance of emergency services such as crisis lines. On behalf of SPAN-California, he assisted in the development of several pieces of legislation involving suicide: SB 1811, SB 260 and AB 2168. He currently serves as SPAN-California's treasurer. His involvement on a national level includes his

service as an active board member of the American Association of Suicidology (AAS).

Outside of California, Dr. Nagdimon worked for the state of New Jersey, training volunteers with a manual he wrote for the Cop-2-Cop crisis line, the nation's first help line for police and correctional officers. *continued on page 7*

Quilt in Progress. Our third quilt will be created in memory of Sammy Bloom, David Borgquist, Rita Borgquist, Sheryll Borgquist, Daniel Boxall, Elisha Crittenden, Sean Evans, Merrill Gordon, Randy Kapson, Joe Loniero, Marc Mendelson, Bill Powers, Dana Siegel, Eric Spencer, Rick Vasquez, Laura Vierra, Shirley Wallace, Andreas Wickstrom, and Richard Williams. This new quilt will be shown for the first time at this year's annual Summer Potluck. Details will be announced in a future mailing.

Thank you, Barbara Dallis, for volunteering your quiltmaking expertise!

Lifekeepers Memory Quilt

We are always collecting new squares. All 50 states have come together in this joint effort to educate the world about the need to reduce the incidence of suicide. The two existing quilts have been displayed at national meetings. 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 Mary Halligan to cover the cost of material, labor and postage.

Mail to:

Mary Halligan, 21422 Grant Ave., Torrance, CA 90503
or call Mary at 310-316-4392 for information.

Disruption *continued from page 1*

me specifically, nor was it directed at his wife and children, and not even to our parents and brothers. He was trapped in a corner with no way out. It was dark and foreboding, filled with despair and remorse. He had failed at living but would succeed in death. That's probably why he had only consumed a third of one bottle of liquor instead of the whole two bottles, so he could remain sober enough to complete the task.

Ed started life as a sickly, asthmatic, allergy ridden child. He ended his life as a sickly, asthmatic, allergy ridden adult. He ended his life. Not God, not a mugger, not disease, not a car crash, not a plane! He did this! He was the Angel of Death! And he brought me great pain!

I know that my parents are devastated, that my brothers and sisters-in-law are grieving, and that I have done the best I can to comfort them. But this is for me, what I feel, I believe and I desire.

Rabbi Earl Grollman has written in his book, *Living with Loss, Healing with Hope*:

Each death is different.
Each bereavement is unique.
When it is the death of a child,
It is the death of your future.
When it is the death of a parent,
It is the death of your past.
When it is the death of a spouse,
It is the death of the present.

But what about me, and those of us who have lost siblings? What is it to lose a brother or sister? I have read that sibling survivors lose their identity. The death of a brother or sister is the death of their past, present and future. This really seems to fit. I am no longer the eldest of four boys. I am the eldest of three surviving boys.

I look at photos of my brothers and me, taken since that devastating January day, and there's always a space to one side or the other where Ed should have been. I reflect on our growing up together and I can't relive with him the secrets we shared. Ed has disrupted the order of life. He was not supposed to die before our parents or me. He will not be there to comfort me in my final days. He didn't give me a chance to comfort him in his. Just like he did when we were kids, he is not playing fair!

Fair.

I know, who said life was fair.

Life is what we make it in spite of what is thrown in our way. There will be trauma, sadness, death and taxes but we survive by filling the gaps with memories, happiness, and love. ♡

The Gift

*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 grief may have seemed inconceivable at first, but with time, our gifts are revealed. Later in Iris's poem, we discover that the music her son composed became her gift.

Michelle Linn-Gust, author of *Do They Have Bad Days in Heaven?* and editor of *Surviving Suicide* (a publication of the American Association of Suicidology) shares her gift:

My husband Joe and I are putting a swimming pool in our backyard this spring. I will finally look out my office window and see the shimmering water in the New Mexico sunshine. While this may seem like a luxury to most people, it has a very significant meaning to me beyond a place to cool off in the heat of the summer.

My sister Denise ended her life 11 years ago on the brink of adulthood, just two weeks before her 18th birthday. I was 21 at the time and the bulk of my childhood memories included her. Many of those mental pictures took place in swimming pools.

Family vacations remain some of my happiest memories with her. Along with our older sister, the motel swimming pool was our destination after finding the postcards and stationery. In the later years, she and I would be the only two of the four of us Linn kids who would travel with our parents and we'd hang out in the pool together. Whether we were shivering in the large outdoor pool in Maine one summer or staging our own Olympic swimming event during the 1984 Olympics in Angola, Indiana, we loved swimming pools.

Pools still motivate me. Something about the water brings energy I didn't know I had. Perhaps it was the swimming pool at the Olympic Training Center in Colorado Springs, Colorado, (where I spent the summer after Denise's death) that kept me alive. I went there to swim every weekend and lose myself in nothingness. Maybe it was there that I saw I would be okay, that I would survive. Water brought me hope.

When my pool is completed, I believe Denise will be floating with me in her own raft. Life hasn't been the same since she died but we learned that we'd be okay. And we wouldn't forget her.

With my own pool, I will have the memories from the past, those with Denise that can't be taken away from me. I also will have the hope for the future. No one can steal either from me. Those were Denise's gifts. ♡

Surviving With the Survivor *continued from page 1*

It was while we were at one of these functions that I met Lois Bloom. After Lois heard what it was like for me to support Debbie—to be a survivor of a survivor—she suggested I write an article.

Debbie and I began dating in the fall of 1994. We'd known each other a couple of years, and about a month into the relationship, I noticed that she didn't seem her spunky self. Not knowing that we were nearing the anniversary of her brother Jeff's suicide, I persuaded her to join me and the rest of her department for lunch one day. As we rode to the restaurant alone in my car, she started to tell me what it was like for her during the fall. She told me about Jeff and how he had killed himself in November, and that no amount of "cheering up" would help.

After a while I came to expect this annual slide into sadness (Debbie calls it "the fall into the fall"). I didn't always understand it, but I incorporated it into our relationship. Each year her depression seemed to lighten until that Friday night in August when we came home to a message from Mom and Dad in Massachusetts, her mother simply saying, "Please call us when you get home." We could tell she'd been crying.

The news was devastating. Christopher, Debbie's youngest brother had killed himself. What a cruel *déjà vu*. Everything that followed seemed to spin in a dizzying blur of confusion, pain, guilt and trauma. We went back east and endured all of the functions that go along with death. The funeral and the wake. The family and friends. The seemingly endless array of flowers and reminders of what will forever be a changed life for those of us left behind.

When we came back to Southern California, Debbie sank deeper and deeper into depression. The early days were the toughest. I prayed for her safety. Although I knew she would not take her own life, I knew she did not want to live.

At the time we were involved with a local non-denominational church. We gained much comfort from the leaders and ministers who prayed for us daily. I am not religious, though I do consider myself a spiritual man. I believe in God and the power of grace and peace. This is what helped me the most.

Many a time Debbie would be up in our bedroom wailing for what seemed hours on end, and playing the music that Christopher listened too. I would simply sit on the couch downstairs and wait until she was done, just wait in case she needed me. For some unknown reason, I didn't really speak much to Debbie when she was in the deepest depths of her grief. If she was next to me, my intuition told me to just sit there while she cried, sometimes for an hour. I wouldn't say a word. I didn't try to make her stop. I don't think I even touched her. I just sat with her. Waiting.

Eventually, time began to heal some of the wounds. We started moving away from those anguished hours. But neither Debbie nor I are ever very far from the eruption of feelings that transport us back to that time.

It is a helpless feeling to watch your loved one go through so much grief. Grieving is a very hard event to witness. Most of us guys are good at fixing things—we are hard wired for it. But we can't fix death. So I found I could only help by waiting it out, knowing that we will never be "over" it. Death is something that you learn to incorporate into your life. It helps when you trust in the love that you have for that person. I believed in Debbie and her core personality, and never minimized her trauma. Those of you who know her will agree with me that Debbie is a wonderful bright light that shines wherever she goes.

So what is it like to be the survivor of a survivor? Nothing short of hell! But I have found that the best action is actually no action at all—*just be there*. Be there with never ending support, and do not waiver from that mission. Your loved one is changed forever, but they are not damaged goods. With your patience you can enjoy life again together.

Do the feelings of guilt, pain, and anger keep coming back? You better believe it. And sometimes it's pretty ugly. Again, just be patient. I know there have been times when Debbie has gone off the deep end and said some things that I could have taken personally. I can only stress that to support a survivor is to filter everything through love. Don't push away, try instead to be more patient than you ever thought you could be. It is not unlike a violent storm. It passes over. Conquer it with as much love as you can, even when you don't feel like it.

It has been over five years now since Chris died and thirteen since Jeff. There are still many times, especially in the fall, when Debbie acts out. Now when it happens we both just look at each other and say, "Oh yeah, it's the fall."

The reward of sticking by her has been immeasurable. It would have been easy to walk away from the trauma and horror of her family. Surviving a survivor is not easy. And I know many will continue to struggle to make sense of the aftermath. But as an old boss of mine once said, "If it was easy, everybody would be doing it."

All I can tell you is that today I have the love of a beautiful, soulful, kind and wonderful woman. This is the reward for being patient, kind and understanding. Believe in a new day. Believe in the promise of you, and your loved one's peace from God (or your higher power) is there for the asking. ✨

**Out of suffering have emerged the strongest souls.
—E. H. Chapin**

Art and Healing

SAS Annual Holiday Potluck

On Saturday, December 6, several survivor/artists shared creative methods for healing and discussed how art, writing, poetry and photography can be a great outlet for survivors.



PHOTO BY MARY KATE DENNY

Josie Shahabi, Erika Fabian, Pam Aronow, Stacie Krajchir, Patty Carberry, and Elisabeth Bersin shared their stories and discussed creative avenues for healing.



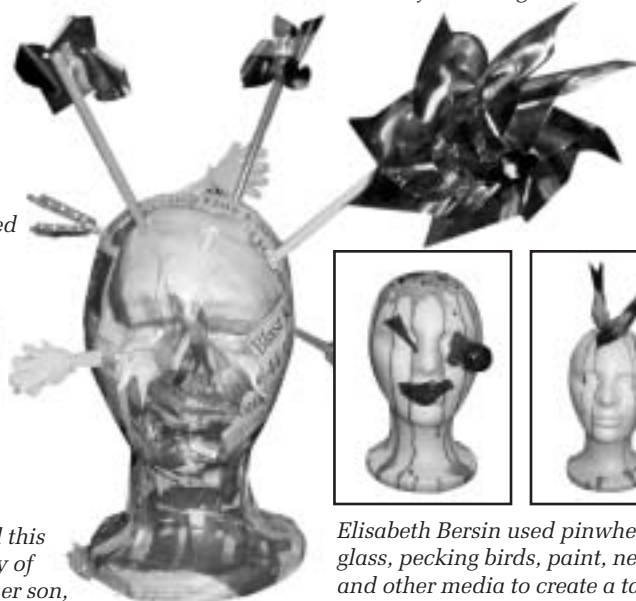
Stacie Krajchir incorporated boyfriend Phineas Cabrera's suicide note into this 6' x 2' oil painting, "Lost & Found."



Patty Carberry created the mask above, and embedded her brother's Mass card in the forehead.



Pam Aronow created this memory box as a way of honoring the life of her son, Phineas Cabrera.



Elisabeth Bersin used pinwheels, broken glass, pecking birds, paint, newspaper, and other media to create a tangible, viewable representation of inner pain.

Misty Eyes, From Time to Time by Josie Shahabi

Back then—when I'd see their faces
Smiles I saw—though
They had lost someone dear and close
And I could not
For the life of me
See—for when I spoke your name
Always you saw—many tears
It's been now three years
And still, teary eyes you see

When I say your name
Though at times—you don't
I guess the pain, this sadness
Gets replaced by fond memories
And those memories—will forever
Keep us close
Although from time to time
Misty eyes you'll see—
Rick, love you always
And forget you, I will not

Susan Celentano Honored



PHOTO BY MARY KATE DENNY

Carole Chasin and Susan Celentano

Carole Chasin presented Susan Celentano with a Certificate of Appreciation commending Susan for her "outstanding leadership, professionalism, and dedication to the Survivors After Suicide Program."

Editors note: The following two pieces were written by John Duval and Anne Bova, respectively, in memory of their brother, Paul Duval.

I think Paul and I shared much. We both had social difficulties, deficiencies. The embarrassment and confusion was often difficult to bear. The rewards seemed few. It was easier simply to avoid it.

It is clear that we were different from others in some way, gaining little pleasure from what others craved. Even so, as

Paul said, isolation is not right for the soul of man. Even the most reclusive loner must have ... what they can't have.

I felt some of what he felt: felt the pulls in opposite directions. But the pull, perhaps, was stronger one way than the other for each of us. Paul was older, and went further down a path; a path, once taken, seems to have no return. I saw where he was headed, a way I did not want to go.

What I remember best

continued on next page

Contributions 11/1/2003 – 1/31/2004: *A million thanks for your generosity!*

IN LOVING MEMORY OF:

Murray Nagdimon from Mr. and Mrs. John Armer, Ben Barak, Susan Betfarhad, Lois and Sam Bloom, Esther Blum, Beatrice Braun, Kita S. and Peter Curry, Paul Dechow and Joanne Blum, Harold Greenspon, Morris Gurse, Barbara J. Hornichter, Mr. and Mrs. Stanley D. Lelewer, Mr. and Mrs. Robert Leong, Ruth and Anthony Marolda, Mr. and Mrs. Jerry Rosenberg, Beatrice S. Stern, Elena Thurston, Jack Wartels, Cheri Renfroe Yousem

Sheryll Ann Borgquist from Arthur Borgquist

Ruth Bowman and Lisa Jotin from Jackie Bowman

James Mardis from Lissa Chesnoff

Bradley John DeLoof from Janice and John DeLoof

Darwin Freeman from Barbara Freeman

Harry Fujita from Dorothy M. Fujita

Jeanie Gaynor from Jeanie Gaynor

F. Joshua Korkowski from John Lawler

Rebecca S. Lemmon from Robert and Ann Lemmon

Shari Jane Potter from Mr. and Mrs. Dutch Ludt

Daniel Gregg, Jr. from Anthony Marks and Gene Lichtenstein

Jay McCreary from Faye and John McCreary

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Noel Parrish and Mike Staggs from Emilia G. Parrish

Deborah Purmort from Marilyn Peppin

Betty Pike Leichhardt from Melinda Pike

Shari Jane Potter from Chuck and Rissa Potter

Ginja from Mr. and Mrs. John D. Raiford

Drs. Jeffrey and Gary Reiter from Mr. and Mrs. Leonard Reiter

Jimmy Satterfield from Mary Ellen Satterfield

Paul Southard from Elizabeth Southard

Casey Smith from Sandra Storie

Denis L. Svobodan from Dagmar Svobodan

IN HONOR OF:

John Matsuura from Mr. Ken Matsuura

Barbara Hornichter from Dr. and Mrs. Sidney Rosin

OTHER CONTRIBUTIONS:

Mr. and Mrs. Tyler Bensinger, Lesli J. Beckwith, Robert Blackstock, Irene Blum, Dominique Bram, Lyn and Marc Cohen, Barbara and Mel Cole, Edmond F. Ducommun Foundation, Gene and Wendy Elzenberger, Charlotte W. Fletcher, Jim Gilmore of Gilmore Liquid Air, Susan Greenberg, Lucy Horwitz, Christine Jaspers, Jeffrey Khteian, Katherine Kolodziejski, Ph.D., Mr. and Mrs. Marcos Lemor, John Leowe, Janine and Henry Lichstein, Peggy Little, Mr. and Mrs. Lyle Maul, Olga Medina, M. Elizabeth Singer, Ann N.

New Grant. In December, Chapman & Associates Charitable Foundation awarded the Suicide Prevention Center's Minorities Outreach Program a grant of \$5,000 to help the Center continue its program into its fourth year. The grant will be used to teach middle- and high-school children to recognize suicide risk in themselves and others, and to show them that there are resources to call where caring people will not only listen but provide help.

Smith, Paula Spillman, Abhishek Tiwari, Eileen J. Vogt, Beth Whitehead and John Rogers, James and Barbara Wickline, Barry Wolf, Daniel L. Wroblewski

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about Paul is how fully he could immerse himself in any interest. This is how he was as a boy and young man. He could share and pass on his passion. I think we felt this sharing, but he did not. He touched, but could not be touched. This was his greatest weakness. Knowledge is not enough.

So Paul leaves me with something to live for, and something to run away from. I can still see that dark place, and the flame. I have what I need most and dread ever losing her. But having reached this place, I know I can reach it again. And this is our greatest difference.

Paul lives free now, lives in all of us, and so can do all he ever dreamed of doing and more. He lives on in my thoughts forever.

—John Bova

Our quiet brother

*He lived a life that was hard to
contemplate for most
but most people rush by too fast
The stillest pools of water have flashes
of sunlight
and swirls of rainbow color
His life was quiet, but with deep
passions
of native plant life, orchids, hiking
He spoke little, but if you slowed down
enough to listen
there was more than you heard in a
hundred conversations,
only said in few words
One day I stumbled across some
personal items of his in a drawer*

continued on next page

Survivors After Suicide is privately funded by generous contributions from individual donors, proceeds from the Alive and Running 5K/10K Walk/Run, and grants from private foundations and corporations such as the J.M. Long Foundation, Million Dollar Round Table Foundation, and TRW ECHO.

Calendar of Upcoming Events

APRIL 14-17, 2004

American Association of Suicidology 37th Annual Conference

This year's annual conference will be held in Miami, Florida. The full-color registration brochure is available for viewing and download at www.suicidology.org, or call 1.202.237.2280.

APRIL 17, 2004

American Association of Suicidology 16th Annual Healing Conference

Miami, Florida. The full-color registration brochure is available for viewing and download at www.suicidology.org, or call 1.202.237.2280.

MAY 6-7, 2004

SPAN-California Suicide Prevention Planning Conference

Featuring Keynote Speaker Dr. David Satcher. Sacramento, California.
www.span-california.org

FRIDAY, MAY 14, 2004

Didi Hirsch's Eighth Annual Erasing the Stigma Leadership Awards

This year's awards ceremony will be held at the Beverly Wilshire. For further information, please call ONE EVENT MANAGEMENT at 310.659.5517, or send an email to ErasingtheStigma@EventsbyOne.com

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

AFSP — American Foundation/Suicide Prevention (research & education): 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 — chat room 10am-11:00 pm

NAMI — National Alliance for Mentally Ill:
www.nami.org 1.800.950.6264

NAMI-California: ca.nami.org, 1.916.567.0163

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

SPAN-USA — Suicide Prevention Advocacy Network:
www.spanusa.org, 1.888.649.1366

SPAN-California: 1.310.377.8857

SA/VE — Suicide Awareness/Voices of Education (depression and suicide information): www.save.org

The Surgeon General's Call to Action 1999, download from:
www.spanusa.org

Yellow Ribbon Suicide Prevention Project, Light for Life International: www.yellowribbon.org, 1.303.429.3530

INTERNET SUPPORT

www.suicidepreventioncenter.org: OUR WEBSITE, Survivors After Suicide Newsletter, current issue

www.friendsforsurvival.org: Friends for Survival, Inc., Sacramento, CA

www.1000deaths.com: SOLOS survivor support and suicide prevention

www.groups.yahoo.com/subscribe/parentsofsuicides: submit your email to join the mailing list

www.parentsofsuicide.com: support for parents of suicides

www.twotoomany.com: SAS Editor's website, lost two brothers to suicide

www.spanusa.org: helplines, prevention information and resources for mental health, etc.

www.beforetheirtime.org: a musical resource to provide comfort to people after the death of someone close

www.siblingsurvivors.com: Michelle Linn-Gust's website

www.survivorsofsuicide.com: a website dedicated to those who have lost a loved one to suicide

www.nameastar.net: Name a Star's Memorial Star™ can be given as a memorial in remembrance of a loved one

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

www.suicidewall.com: honoring Vietnam Veterans

www.heartbeatsurvivorsaftersuicide.org: a peer support group offering empathy, encouragement and direction following the suicide of a loved one

www.friendsandfamiliesofsuicide.com: an international site for support

www.suicidememorialwall.com: a tribute to lost loved ones

www.suicidediscussionboard.com

www.suicidereferencelibrary.com

www.med.uio.no/iasp: International Association for Suicide Prevention

www.treasuredteddybears.com: personalize a teddy bear with your loved one's clothing

www.webhealing.com: articles of interest

www.griefnet.org: grief support; a system that can connect you with various resources

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

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Pictures of girls

Not naughty pictures, but sweet pictures

of pretty young women about his age

I felt he could see what was just out of his reach,

but was determined to enjoy it anyway

In a life so quiet the volume of noise caused by his illness

must have been amplified to an unbearable level

Good-bye dear brother

You are still reminding us to slow down

be quiet and listen

When I walk in the woods, I'll slow down and see

the sparkle in the calm water

—Anne Bova

Dr. Jay Nagdimon *continued from page 1*

Cop-2-Cop is staffed exclusively by retired law enforcement personnel.

In addition to Dr. Nagdimon, the International Association of Suicide Prevention recognized Dr. Israel Orbach of Israel for his research activities, and Jerry and Elsie Weyrauch, founders of SPAN USA, received an award for their activism in the field of suicide prevention. ♡

REPRINT POLICY

You are welcome to reprint material from our newsletter if you are a nonprofit support organization that produces periodicals. We do require the item include the author's name and title and the following:

"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.

View this newsletter online at www.suicidepreventioncenter.org.
Click on Bereavement.

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**
4760 S. Sepulveda Blvd.
Culver City, CA 90230
(310) 751-5324

SAS Program Number:
(310) 751-5370

Crisis Line Number:
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