

Survivors After Suicide

YOUR PATH TOWARD HEALING

A Program of Didi Hirsch Mental Health Services • July/August/September 2008 • Volume 21, No. 3 • Published Quarterly

Lifeline Launches New Online Forum

The National Suicide Prevention Lifeline, a 24-hour crisis hotline, announced that it has launched a new online forum to help prevent suicide called Lifeline Gallery (www.lifeline-gallery.org). The announcement was made by Dr. John Draper, Project Director of the National Suicide Prevention Lifeline. The new online forum uses speaking avatar products to enable suicide survivors, attempt survivors, and suicide prevention supporters to share their stories of hope and recovery. The compilation of stories illustrates the many ways in which suicide affects others and offers comfort to those who may be suffering alone.

"The media frequently reports tragic stories of suicide and rarely tells the stories of those who have found ways to cope with suicide loss or found a reason for living after a suicide attempt," says Dr. Draper. "If someone is struggling with thoughts of suicide or experiencing the pain of losing a loved one, we encourage them to look at Lifeline Gallery and discover that they're not alone. We also encourage them to express their feelings about suicide in a non-threatening environment where they can create an animated image of themselves and share their story. Their story can help us all

spread the word that suicide is preventable and affects us all."

The National Suicide Prevention Lifeline (1-800-273-TALK) has used a generous donation from Simpsons' producer James L. Brooks to develop Lifeline Gallery, an engaging online tool to raise awareness about suicide prevention and to reach people who have had difficulty talking about suicide in the past. "If you can't, maybe your avatar can," says Christopher Gandin Le, co-creator of the Lifeline Gallery. "We're taking user-generated content to new levels by creating an intentionally compassionate space. The Gallery offers a safe platform for people who have traditionally stayed silent about suicide and mental health. It's time to say what you have to say about suicide and suicide prevention."

There are three categories from which users may choose: Loss, Turning Points, and Helpers. Once a category is selected, users are prompted to create their avatar, which is a personalized animated image. Users may modify their age, hair color, clothing and accessories. To share their stories, users are then prompted to record their voice by telephone. The technology for Lifeline Gallery was provided by Oddcast, an industry leading company that develops and distributes speaking avatar

products. Lifeline is the first nonprofit organization to work with Oddcast. "We are proud to be a part of this very important cause," said Adi Sideman, CEO of Oddcast. "Speaking avatars are a proven tool for spreading key messages across the Internet. The National Suicide Prevention Lifeline is offering an interesting forum to allow people to tell their stories without judgment or prejudice."

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) is a nationwide network of 131 local crisis centers. Lifeline is federally funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Link2Health Solutions, a wholly owned subsidiary of the Mental Health Association of New York City. Launched in January 2005, Lifeline provides free and confidential crisis counseling to anyone in need 24 hours a day, 7 days a week by calling 1-800-273-TALK.



2008
Alive & Running
Suicide Prevention
5K Walk/Run

Read about
Rick's very first
Alive & Running
on page 5

Sunday, September 28, 2008 at Westchester Parkway, Los Angeles
For information, call (310) 751-5426 or visit www.didihirsch.org

Save the Date!

September 8-13, 2008
NATIONAL SUICIDE
PREVENTION WEEK

September 28, 2008
ALIVE & RUNNING
SUICIDE PREVENTION
5K WALK/RUN

November 22, 2008
SURVIVORS' DAY

See Calendar of Events
on page 6

Survivors After Suicide (SAS) helps people resolve their grief and pain in their own personal way, and helps them move forward in their lives, positively and productively.



Since I Don't Have You

By Rick Mogil, SAS Coordinator

Rick can be reached at (310) 895-2326 or rmogil@didihirsch.org.

Taken in its entirety, "Since I don't have you" (The Skyliners, 1959) the "best of the heartbreak ballads," speaks volumes about the pain of ending a relationship. However, taken out of context, I don't think anyone has described depression in more graphic terms.

"I don't have plans and schemes
And I don't have hopes and dreams
I don't have anything..."

And I don't have found desires
And I don't have happy hours
No I don't have anything..."

Ironically, this was one of the most popular slow dance songs at the teen parties I would attend, in the day (where did that come from?). Talk about "isolation." I could be slow dancin' with a beautiful girl (why she would dance with me was beyond my comprehension. Uh oh, don't go there!) and feel these lyrics take control.

Is this how our loved ones felt? No "hopes and dreams," no "happy hours," no "anything"? If we had known, wouldn't we have changed it all, filled their empty souls, made our "plans...and dreams" theirs?

Yes, yes and yes. We would have done anything! And we still can.

We don't have to be silent about our or our loved one's depression. We can speak about suicide and what it does to those left behind. We don't have to "pray for the thunder and the rain to quietly pass me by" (lyrics from "Sweet Child o' Mine," Guns N' Roses).

Become a member of our outreach team to help erase the stigma of depression and suicide. Be an advocate and share your story. Don't be afraid to acknowledge how your loved one died when asked. You don't have to protect the person asking, they have to be ready to accept their feelings when they get an honest answer. Maybe a loved one of theirs died by suicide, and now they know they are not alone. Or, maybe they won't be so insensitive the next time life takes a nasty turn and they start to say "I could just shoot myself..."

Speaking of Guns N' Roses, you can listen to Axl's rendition of "Since I Don't Have You" but I still prefer the original. Jimmy Beaumont's voice has a certain haunting quality, almost like he knows this isn't just about love, it is about life, loss and depression.

I can almost see the consternation in your faces. "Guns N' Roses? What does he know from Guns N' Roses? He's an old guy, who probably liked James Taylor in the day."

Maybe I will share my iTunes playlists with you sometime. Just picture Metallica next to Rihanna, holding hands with the Ditty Bops and the Kingston Trio. Scary, huh!

Peace and love,
Rick

Honoring Life

By Lisa Arnold

This was my first fundraising event for Didi Hirsch Community Mental Health Center. In the past, I have found fundraisers to be somewhat stuffy and wanting only my money. I was pleased that this fundraiser was different for me. I think there were a number of reasons for this difference.

The first reason was I was around people I knew from my SAS group as well as the facilitators. Being with these people helped me to feel comfortable right away.

The second reason was there was no pressure to donate money. In fact the focus was more on the importance of enjoying yourself. The taco bar and the food were very good and even better was the entertainment. The comedian was hysterical and did a performance around a romance between Mr. Potato Head, Barbie and Ken. Anytime you have three you know there is trouble. It was great. The music by Yavonne Dearth was also good. It felt good to sit in a beautiful yard next a pool and just listen to music and relax with friends.

It was also fun watching both Susan Celentano and Arthur Borgquist receive the Honoring Life Award for their com-

mitment to the SAS community. While I do not know Arthur, I have experienced Susan's commitment, as she was the therapist in my SAS group.

Speaking with the Clairvoyant Catherine Katen was a great experience for me. Catherine has the ability to contact the dead. I was a little skeptical at first, but after requesting she contact my grandma and she described her. I was a believer. She told me some comforting things which made me feel at peace about her death. For this I was grateful.

I had a good time and I was glad that I went and the best part of the event was that it raised over \$1,200 for the SAS program at Didi Hirsch!

50 Years of Saving Lives - A Brief History of the Suicide Prevention Center

1953: Drs. Farberow and Shneidman find suicide notes in the Los Angeles County Coroner's basement. *Farberow and Shneidman study cases of known suicide.*



1955: Farberow and Shneidman perform the first psychological autopsy. *Shneidman, Farberow and Dr. Robert Litman interview a patient who had attempted suicide.*



1958: Farberow and Shneidman publish *Clues to Suicide*. Also, Farberow and Shneidman receive a National Institute on Mental Health grant to start the Suicide Prevention Center (SPC).

1959: SPC begins to offer extensive training in suicidology to local professionals. *Shneidman trains local nurses in suicidology.*



1960: International Association of Suicide Prevention is founded.

1962: Marilyn Monroe's suicide causes flood of calls to the hotline. Farberow, Litman and Dr. Norman Tabachnick perform a psychological autopsy and confirm her suicide.

1963: Suicide hotline expands to 24-hour coverage. Also, the Resident Scholars program begins to explore theory of suicide from different interdisciplinary perspectives.

1964: The first volunteers are trained on the hotline. *A few of the earliest SPC volunteers.*



1965: Los Angeles Police Department officers begin training with SPC in crisis response. *Farberow gives a presentation to crisis responders.*



1968: American Association of Suicidology (AAS) is founded. *Shneidman addresses the newly-formed association.*



1971: L. A. County Department of Mental Health begins funding SPC.

1972: SPC establishes the first methadone maintenance program in Los Angeles County to explore the relationship between substance abuse and suicide.

1974: SPC establishes the Dignity Center as a teenage anti-gang program. *Dignity Center client creates an art project.*



1976: Comprehensive Group Therapy programs start for chronically suicidal individuals.

1977: Institute for the Study of Self Destructive Behaviors is founded as an

umbrella organization of SPC.

1980: Depression Clinic starts at the Robertson site.

1981: Survivors After Suicide (SAS) groups start. Also, SPC Project Director Dr. Michael Peck develops Manual on Suicide Prevention and Education for use in all California high schools. *Dr. Michael Peck.*

1983: SPC celebrates its 25th anniversary. *Longtime*



supporters Katherine and Judd Marmor at the celebration.

1984: SPC receives research grant to study the



dramatic increase in California's youth suicide.

1986: SPC celebrates its 30th anniversary with "Dear Abby." *Pauline and Jeanne Phillips a.k.a. "Dear Abby".*

1988: SPC merges with the Family Service of Los



Angeles (FSLA).

1989: Survivors' newsletter is first published.

1990: SPC begins bereavement groups in high schools following student suicides.

1991: A study of males in California indicates a significant reduction of suicide. Nationwide, suicide among males has increased.

1996: FSLA merges with

Didi Hirsch Community Mental Health Center.

The Suicide Prevention Action Network (SPAN) is founded. The first annual Survivors' Potluck is held.

1997: SPC website is created.

1998: SPC begins training FBI agents. The Trevor Project, a national toll-free suicide prevention hotline for gay teen, begins. A live televised suicide causes a flood of calls to the line. SPC celebrates its 40th anniversary. The first Alive & Running Suicide Prevention race is held. *Volunteers pass out fruit at Alive & Running.*

1999: Surgeon General Dr. David Satcher publishes



ground-breaking Report on Suicide. The next year, Satcher receives an Erasing the Stigma Leadership Award. *Dr. David Satcher.*

2000: Under the Department of Health and



Human Services, a federal steering group forms, resulting in four public hearings addressing the National Strategy for Suicide Prevention: Goals and Objectives for Action.

2001: The California Endowment awards a major grant to SPC for suicide prevention outreach to minority communities.

2004: In collaboration with the Los Angeles City Mayor's Office, the Suicide Response Team (SRT), a program of SPC, is established. *SRT members Stan Lelewer, Ester Bryant, David*

Davis, Mary Halligan and Paul Rosenberg.

2005: The Substance Abuse and Mental Health



Services Administration (SAMHSA) launches the National Suicide Prevention Lifeline, 800-273-TALK, with SPC joining as a crisis center member of the Lifeline. Also, South Korean army chaplains contact SPC for advice on how to respond to the high rate of suicide among its ranks. *South Korean army chaplains first visit to SPC.*

2006: SPC crisis line expands toll-free coverage to Orange County. Also,



a South Korean army chaplain trains with SPC, culminating in a visit from two dozen other army chaplains hoping to learn how to address soldiers' needs. *Chaplain Ko Jaecheon gives a lecture on his training. South Korean army chaplains at the second visit to SPC.*

2007: SAS group for adolescents/teens begins in partnership with Our



House, a bereavement support program for children, adults and families.

Contributions

May 1, 2008 to July 31, 2008
A million thanks for your generosity!

IN MEMORY OF

Delia Anderson, from Xavier Fendt
Sheryll Ann Borgquist, from Arthur Borgquist
Douglas Howard Caplan, from Janet Lee McLellan
James G. Harris, M.D., from William J. Harris
Christopher Frank Haskell, from Jennifer Moeller
Stephen Lelewer, from Jan Lipschutz
Scott Kenneth Luther, from Helen Luther
Ike Massi, from Josephine Papich
My sister, from Dina Fisher
Jim Pennington, from Lisa Mirbach-Lavender
Cathy Rabin, from an anonymous donor
Mary C. Robey, from Debra Sartori

Sharon Vitale, from Lisa A. Arnold

IN HONOR OF

All the survivors, from Dina Fisher
My brother, Penrhyn Jorgensen, from Stacy Jorgensen
Charlotte and Jeremy Fletcher, from Mary Sherman, M.D.
Bonnie Lazar's 60th birthday, from Rick and Maggie Mogil
Rick Mogil, from Ron Mossler

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Power of Group: SAS Potluck

By Amy Disparte

The death of a loved one by suicide is a devastating trauma.

Our strength is gone, egos are destroyed, our hearts are broken and the world as we know it ceases to exist. We are in the dark and we don't even understand why. We are lost and looking for answers and many of us turn to support groups to begin that search. Our minds are telling us that perhaps others who have experienced this trauma will be able to shine a light on the answers we need. We want to understand the whys and feel better. We miss our loved ones and cannot cope with the loss.

No matter what your religious (or lack of religious) belief, trauma has reduced us to our feeling self, our spiritual nature, the being part of being human. It is our spirit that connects us and it is that connection that comforts us in our time of need.

So if you are lucky, you find your way to a circle of broken-hearted people, Survivors as we refer to ourselves. We look around that circle and see others who are not broken and we know this because they are smiling. The light has returned. They have survived this trauma. They somehow managed to turn sadness into joy.

When you find yourself in a circle of connected people it is a powerful experience. The power of the group is compassion and it is empowering for the individual. It is the beginning of spiritual alchemy. It gives us the strength to take the first step on our journey through grief and loss. It is this journey, we begin to realize at some point, that can lead us to acceptance and acceptance that can lead us to answers, but each road is different and we travel on different schedules so we must ultimately journey alone.

The power of the group gives us the strength to take the first step. It doesn't matter if you are one day into your

journey or 50 years down that familiar path, when you find yourself among Survivors, you feel the power, the connection returns. The strength of compassion is present, it is the energy that creates this group power, and it is the energy that connects us to each other. It renews our strength for the journey.

The annual Summer Survivors Potluck was a perfect example of this connection. I heard people speak, again and again, about the joy they shared with their loved ones in the form of smiling moments and I witnessed the smiles that had returned to the Survivors - spiritual alchemy - turning sadness into joy.

There are no shortcuts in the journey. We must all travel the distance through our grief, but ultimately and each in their own time, we will come to understand that for most of us, it was our loved ones illness that caused them to end their lives and we are not responsible. This acceptance frees us to honor our loved one for the way they lived, not the way they died and we begin to smile.



My First Alive & Running

By Rick Mogil

The first time I heard about this event, in 2005, I thought, I can't walk across the street without breathing heavy and breaking into a sweat. How will I walk 5 kilometers? That's over 3 miles (thank you Mr. Oliver, my 8th grade math teacher for pushing the metric system down our throats)!

You can prepare yourself to meet the challenge of walking long distances with training and diet.

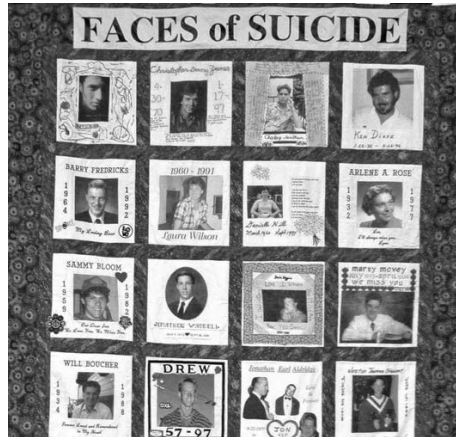
But I wasn't prepared for the emotional challenge. Selecting and editing the photo of Ed to pin to our shirts (Maggie, a real runner, was going to join me, or at least start with me then run away very, very fast), talking to family members and friends about Ed, the race, what this all means to me and asking for financial support.



I was doing ok race day until I saw the Memorial Banner. There was Ed's name, white ink on a blue background.



And there were the quilts, the Faces of Suicide. Sad, so very sad. So many family and friends having died by suicide.



Then I met Team Aiko and Team Sweetwater.

Marilyn and Alan Nobori formed Team Aiko in memory of their daughter who

died at the age of 14. And the Sweet family and friends had the largest team, 48, in memory of Doug Sweet. If this wasn't inspiration enough, there were the 2,500 members of Students Run LA all participating in this event to raise awareness about suicide.



I felt comforted by the fact that I was surrounded by my "other" family, the family of survivors.

I knew I wouldn't break any speed records but I felt I was gliding across the finish line when I saw the grin on my grandson's face waiting for me at the end.

I was alive and running (walking) celebrating my brother's life and the lives of my new family's loved ones.

Volunteer Highlight: Outreach

Our outreach program continues to grow, but not without the support of the volunteers who help educate our communities on suicide prevention and postvention.

Thank you to the following volunteers who have participated in outreach events this past quarter: Celia Pool, Debbie Pikul-Zent, Ester Bryant, Lois and Sam Bloom, Laurie Woodrow, David Davis and Taylor Sheridan.

If you are interested in finding out more about the outreach program, or know of a group/organization that would like to schedule a presentation, please contact Rick Mogil at rmogil@didihirsch.org or (310) 895-2326.

How To Volunteer

We always need people to share their energy and talents!

- Volunteers for SAS may co-facilitate support groups, offer telephone support counseling, help with filing, plan events, etc. Call Rick Mogil at (310) 751-5370.
- Volunteering as a counselor for the Suicide Prevention Center's Crisis Line involves seven Saturdays of training and a minimum commitment of one year (one weekly four-hour shift). Call Dave Smith at (310) 895-2305.

Apology From Rick:

In my last column, "Forgiveness," I wrote "can we forgive our loved one for their choice..." Their choice. Did they really have a choice? It took a dear friend, Pam Farkas, to remind me that 90% of those who die by suicide suffer from a diagnosable mental illness. Mental illness is an "illness" and an altered state of mind, that our loved ones do not control. And, like many other illnesses, it has caused death and our loved ones have been the instrument.

Calendar of Events

National Suicide Prevention Week

September 8-13, 2008

For more information, call

Alive & Running Suicide Prevention 5K Walk/Run Didi Hirsch Mental Health Services

September 28, 2008

Westchester Parkway, Los Angeles at W. 88th Street
and La Tijera Boulevard

For information, call (310) 751-5426 or visit
www.aliveandrunning2008.kintera.org

NAMI Walk

National Alliance for Mental Illness

October 4, 2008

Santa Monica 3rd Street Promenade

For information, visit www.namiwalks.org

Survivors' Day

American Foundation for Suicide Prevention

November 22, 2008

Mount St. Mary's College - Brentwood

For information, visit www.afsp.org/losangeles

Lifekeepers Memory Quilt

Our quilts are displayed at national meetings, suicide-related conferences and other events. All 50 states have come together in this joint effort to educate the world about the need to reduce the incidence of suicide. You can share your pictures and sentiments by dedicating a square in the Lifekeepers Memory Quilt, offering the image of your loved one. A \$20 fee covers the cost of material, labor and postage necessary to create your visual tribute. You will receive a cotton square and instructions on how to proceed.

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

Send the material and instructions to me:

Name: _____

Address: _____

Phone Number(s): _____

E-mail: _____

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

Survivor Volunteers Needed!

Volunteer training planned for

October 25, 2008

9:00 a.m. to 5:00 p.m.

at

Didi Hirsch Mental Health Services

Sepulveda Center

4760 South Sepulveda Boulevard

Culver City, CA 90230

... ————— ... ————— ...

We are looking for survivors who would like to volunteer their time and train as:

Bereavement Group Co-facilitators

Criteria are as follows:

- ⌘ Must have completed an eight-week group
- ⌘ Should be emotionally able to help others; typically one year or more from their loss
- ⌘ Needs to be a good listener and empathetic
- ⌘ Is willing to volunteer for one or more groups per year

Duties include:

- ⌘ Assisting group facilitator
- ⌘ Helping to normalize group members feelings
- ⌘ Helping the group understand grief process: stages, intensity
- ⌘ Helping to assess for suicidality

Telephone Support Counselors

Criteria are as follows:

- ⌘ Must have completed an eight-week group
- ⌘ Should be emotionally able to help others; typically one year or more from their loss
- ⌘ Needs to be a good listener and empathetic

Duties include:

- ⌘ Providing one-on-one support for survivors
- ⌘ Helping to assess for suicidality
- ⌘ Maintaining call log

Training will take place on Saturday, October 25, 2008, from 9 a.m. to 5 p.m. and will include lecture, role play and assessment.

If you are interested in volunteering in the SAS program, please contact Rick Mogil at (310) 895-2326 or rmogil@didihirsch.org.

HELP LINES

Didi Hirsch Mental Health Services' Suicide Prevention Crisis Line
Los Angeles and Orange Counties:
(877) 7-CRISIS (727-4747)

Lifeline: 24-7 national suicide hotline
(800) 273-TALK (8255)

TEEN LINE: Suicide hotline for teens
staffed by trained teens 6-10 p.m.
(800) TLC-TEEN.

Trevor Helpline: Suicide hotline for
gay, lesbian, bisexual, transgender or
questioning youth
(800) 850-8078

RESOURCES

American Association of Suicidology (AAS)
(202) 237-2280
www.suicidology.org

American Foundation for Suicide Prevention (AFSP)
(888) 333-2377
www.afsp.org

Before Their Time: A musical resource
to provide comfort to people after the
death of someone close
www.beforetheirtime.org

Compassionate Friends: For parents
grieving the death of a child; chat
room from 10 a.m. - 11 p.m.
National: (630) 990-0010
Los Angeles: (310) 368-6845
www.compassionatefriends.org

Crisis, Grief, and Healing: Articles of
interest and forum
www.webhealing.com

Didi Hirsch Mental Health Services:
Nine sites throughout Los Angeles
provide mental health care for those
with severe mental illness and little
money
(310) 390-6612
www.didihirsch.org

For survivors, click "Suicide Prevention
Center" then click on "Lost A Loved
One?"; current and past issues of the
SAS newsletter are available as pdf's
through this site

Fierce Goodbye: From a documentary
focusing on survivors
www.fiercegoodbye.com

Friends for Survival
www.friendsforsurvival.org

Grief Net: Grief support; can connect
you with various resources
www.griefnet.org

Heartbeat: A peer support group
offering empathy, encouragement and
direction following the suicide of a
loved one www.heartbeat survivor-saftersuicide.org

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

International Friends and Families of Suicide
www.friendsandfamiliesofsuicide.com

Lifeline Gallery
www.lifelinegallery.org

Living With Loss Magazine
(888) 604-HOPE (4673)
www.bereavementmag.com

Name a Star: Name a star in
remembrance of a loved one
www.nameastar.net

National Alliance for the Mentally Ill (NAMI): Provides support for family
members of those with mental illness
National: (800) 950-6264,
www.nami.org
California: (916) 567-0163,
www.namicalifornia.org

National Mental Health Awareness Campaign: A public service campaign
to educate the public about mental
health issues and eradicate the fear,
shame and stigma commonly associ-
ated with mental illness
(877) 495-0009
www.nostigma.org

National Organization for People of Color Against Suicide (NOPCAS)
(866) 899-5317
www.nopcas.com

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Parents of Suicide Mailing List: Submit
your email to join the mailing list
[www.groups.yahoo.com/subscribe/
parentsofsuicides](http://www.groups.yahoo.com/subscribe/parentsofsuicides)

Parents of Suicide Support Site
www.parentsofsuicide.com

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

**Suicide Awareness/Voices of Educa-
tion (SAVE):** Provides information on
depression and suicide
(952) 946-7998
www.save.org

Suicide Discussion Board: Open for the
purpose of suicide awareness, support,
and education
www.suicidediscussionboard.com

Suicide Memorial Wall: A tribute to lost
loved ones
www.suicidememorialwall.com

Suicide Prevention Advocacy Network (SPAN)
National: (202) 449-3600,
www.spanusa.org
California: (760) 753-4565,
www.span-california.org

Suicide Prevention Resource Center
(877) GET-SPRC (438-7772)
www.sprc.org
www.sprc.org/thespark to receive the
Suicide Prevention Resource Center's
online newsletter

Suicide Reference Library: Provides
helpful information to those who are
involved in suicide awareness, grief
support, and educational activities
www.suicidereferencelibrary.com

Suicide Wall: Honoring Vietnam Veter-
ans who have taken their own lives
www.suicidewall.com

SurvivorsAfterSuicide Yahoo Group:
Created by a member of our survivor
community, this group can be used to
post photos and chat with other sur-
vivors
[http://health.groups.yahoo.com/group/
SurvivorsAfterSuicide/](http://health.groups.yahoo.com/group/SurvivorsAfterSuicide/)

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

**Yellow Ribbon Suicide Prevention Proj-
ect, Light for Life International:**
Teen suicide prevention
(303) 429-3530
www.yellowribbon.org

SURVIVORS AFTER SUICIDE NEWSLETTER

A quarterly publication of Survivors After Suicide (providing support groups for those who have lost a loved one to suicide), a program of Didi Hirsch Mental Health Services.

SAS Program Number: (310) 895-2326

Crisis Line Number: (877) 7-CRISIS (Toll-free in LA and Orange Counties).

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Special thanks to Didi Hirsch's Development Department.

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Also include the issue date and year the article appeared. Kindly send a copy of any reprints for our authors to Editor Marilyn Nobori at her e-mail address above. Thank you.

View this newsletter online at www.didihirsch.org. Click on "Lost a Loved One?" then "Newsletters" for pdf files

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