

Survivors After Suicide

Your Path Toward Healing
Erasing the Stigma – Suicide is Preventable

A Program of Didi Hirsch Mental Health Services November 2015

My 20 Year-long Journey to Healing

By Tomomi Mikawa, LMFT

I had an older sister named Romi. She was beautiful inside and out. I was born on her 8th birthday, so she used to tell me, "You are mine because you were a birthday gift from Mom and Dad." We played and explored the world together, and shared a special bond growing up. She taught me good manners and skills like a mother, too. I adored her very much and she was my childhood role model.

Twenty years ago, in Japan, my parents, my sister, her daughter Yuka (then age 6), her son Takumi (then age 4) and I went out for a nice sushi dinner to celebrate our birthdays. My nephew Takumi was also going to turn 5 the following day. I thought we all had a good time, despite my sister remained mostly silent. She had been treated for depression for a few years and her radiance had been long gone. It was quite painful and shocking to see how a person could change so much because of the illness. I had felt very sorry for my niece and nephew for having a sick mother, and tried my best to cheer them up joking and making them giggle.

We said our good-nights and went to bed. Around 3 a.m., my parents and I were awakened by a phone call from the police. They told my father to come pick up his car that was parked illegally in front of a high-rise apartment building. We learned my sister had jumped off from the 17th story of the building, along with Yuka and Takumi. Ironically, my nephew died on his birthday.

That was the day when my world changed forever, as many of you can probably imagine. I collapsed onto the floor and cried bitterly. It was more like a dry cry, without making sound. I wanted to believe it was just a bad nightmare and soon I would wake up and see their faces. It put me in a complete state of



shock; I could not eat anything for 10 full days. I felt detached from everyone at the funeral service; those who were mourning but who still ate the catered food, the grief incomparable to mine. I also felt so fearful that I had to sleep in my parents' room, as an adult, for the first several days and dreaded taking the train that passed the station where the "spot" could be seen. I had to avoid anything that could remind me of the horrific event that took the lives of the three people I loved and cared about the most in the world. Thoughts and questions like "How could merciful God allow something so horrible to happen?" "Romi, why did you take Yuka and Takumi?" "What have our family done to deserve this?" went through my mind. I felt so alone and abandoned after their passing, and feelings of numbness, emptiness, anger, regret, helplessness, sorrow and despair gripped me for months to come.

In Japan, there is a stigma attached to suicide and mental illnesses, even though the country has a high suicide rate (more than 22,000 completed suicides were reported in 1995, which was twice as many fatalities by automobile accidents, and the number continues to rise). Expressing or talking about

our own feelings (especially negative feelings) is often considered taboo in the Japanese society, too. Therefore, our family kept our loss a secret from most people; I could not share it with friends, except for the closest ones. Therapists or support groups were not easily found back then, either. I grieved silently, with no professional help, until I moved to California and participated in the SAS support group more than 6 years later.

Some of the hardest things I experienced twenty years ago included: 1) seeing a warrant that said "Murder" as if my sister had committed homicide; 2) a phone call from a TV reporter asking for an interview when we really wanted to be left alone; and 3) an older friend telling me to move on, to think only of myself and my future, instead of being deeply trapped in my loss, which was upsetting as I could not pretend nothing happened. I know now he really meant well but back then, I was not ready to hear such words.

The most difficult part in the early phase of my healing journey was the survivor's guilt. There were so many things I regretted: i.e., the "should've, would've, could've"s. My sister was very ill and she chose to end her unbearable pain. Yet, I felt so angry at myself for not having been able to help her enough, and as a consequence, the lives of two innocent children with so much potential were lost. I blamed myself, "Why did I miss the signs? She trusted and relied on me more than anybody and I was her lifeline, but I let go of the rope. I couldn't save them, I let them die." I wished so hard I could have turned back the clock and acted differently. The world no longer meant anything to me after they died. I am not sure how I could have survived had not been for the puppy named Joy that we had gotten several weeks prior to our loss. He was the

continued on page 3



Rick's Corner

The theme for this Winter's Potluck is gratitude.

For what or whom are we grateful?

A portion of our hearts has been torn from us and some survivors may feel they are not grateful for anything or anyone.

For others there may be the times spent with the person who has died and for that they are grateful. There may be others in their lives that have helped them on their journey to healing.

I can only speak to my own experience, grateful for the times I had with my brother Ed and grateful for the people in my life that have held my hand, allowed me my quiet times, provided a shoulder on which to cry and illuminated my path that I might not stumble.

However, there is one person to whom I owe a debt of gratitude that I will not be able to repay directly.

Dr. Norman Farberow, a founding father of the first Suicide Prevention Center in the United States, died on September 10,

2015, a day that has been celebrated many years as the World Suicide Prevention Day.

Dr. Farberow and his partners, Drs. Shneidman and Litman, brought suicide, suicide prevention and postvention to the forefront of public consciousness. They provided the groundwork for Mickey Heilig and Janet Galea to develop the Survivors After Suicide program.

I had the privilege of working with Dr. Farberow for the past ten years and I wouldn't be who I am today, paying it forward by helping survivors find support, providing a safe environment to talk about their pain, grief and fears, connecting them to other survivors and maybe throwing a little light on their path had it not been for "Norm."

Peace and Love,

Rick

Rick Mogil has been program director of Didi Hirsch's Suicide Bereavement Services since 2007.

Resources for Survivors and Suicide Prevention

HELP LINES

Didi Hirsch Suicide Crisis Line Los Angeles and Orange Counties:

877) 7-CRISIS or (877) 727-4747

Chat 12:30 pm – 9:30 pm daily at

www.didihirsch.org/chat

Text services also available

National Suicide Prevention Lifeline:

(800) 273-TALK or (800) 273-8255

Lifeline Crisis Chat available 24/7 at

www.suicidepreventionlifeline.org

TEEN LINE:

(800) TLC-TEEN or (800) 852-8336

Teen hotline staffed by teens 6-10 pm

All other hours covered by the

Suicide Prevention Center Crisis Line

(877) 727-4747

Trevor Helpline:

(800) 850-8078

Hotline for gay, lesbian, bisexual
transgender or questioning youth

RESOURCES

American Association of Suicidology

(AAS) (202) 237-2280

www.suicidology.org

American Foundation for Suicide Prevention (AFSP)

(888) 333-2280 • www.afsp.org

Didi Hirsch Mental Health Services:

Eleven sites in LA and Orange Counties

(310) 390-8896 • www.didihirsch.org

National Alliance for the Mentally Ill

for family of people with mental illness

National: (800) 950-6264

www.nami.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

Suicide Prevention Resource Center

(877) GET-SPRC or (877) 438-7772

www.sprc.org or www.sprc.org/thepark

NEWSLETTER

Survivors After Suicide Newsletter is a publication of Didi Hirsch's Suicide Prevention Center. Survivors After Suicide provides support to those who have lost loved ones to suicide.

SAS Program Numbers:

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Rick Mogil; Robert Stohr, MFT

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Nonprofit support organizations may
reprint material from our newsletter.

More resources at www.didihirsch.org

continued from page 1

greatest consolation to me in those dark days.

Even the discovery that a new acquaintance shared the same birthday as my niece or worse, a birthday on the date of my niece's death gave my heart unspeakable pain. I found myself being quite sensitive to particular days of the year. My heartaches, however, were gradually replaced by nostalgic feelings as time went by.

One of the toughest questions I had to face over the years was, "So, how many brothers or sisters do you have?" Many people would ask this very casually, as an icebreaker. It was very difficult for me because Romi wasn't my only loss. Seven years before Romi's passing, I lost my older brother in a very tragic boat accident that took the lives of 30 people. I used to be the baby in my family but became the only child. If I said "I had a brother and a sister but they passed away," people usually appeared shocked and became silent even before I mentioned how they died. I felt very bad for putting the other person in the spot. So the story of my sister became a secret that I had kept for many years.

During that time, I read an enormous amount of books on psychiatry, psychology, medicine, spirituality, religion, loss and grief, existentialism, the after-life, NDE (near death experience) and so forth to understand what had really happened to my dear sister and to help myself, too. I learned that my sister had so many life stressors that led her to depression. I learned that many who suffer from clinical depression are bleeding profusely inside, from the heart, but unlike those who are injured in a car accident and who are bleeding from external wounds, their internal bleeding is not visible to others so others don't or can't give a helping hand. Mother Teresa's words really resonated: "Loneliness and the feeling of being unwanted, unloved, uncared for...I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat." Those who are or feel isolated are in so much emotional pain and hungry for love and connection. Though we -- my parents, I and everyone -- were doing our best to help my sister at the time, I could not help but think if I had shown more love and acted more compassionately, my sister and her kids might have lived.

It took a lot of baby steps and many years for me to fully "accept" what happened and come to peace with my loss. I tried different things -- psychotherapy, antidepressants, psychic mediums, self-empowerment workshops, meditation practice, grief yoga, animal companions, gardening, nature walks, swimming with wild dolphins, gazing into the night skies looking for shooting stars, etc. -- anything and everything in a search for a way to reconnect with my loved ones, to find answers and comfort, and most importantly, for a meaning. I ended up going back to school and became a licensed helping professional. One of the major breakthrough moments in 20 years came when I presented my family tree in a class, and for the first time, I talked about our losses -- my loss -- and tragic events outside of the support group. I felt safe among supportive classmates. It was an indescribably huge relief for me.

Today, I live my life more mindfully and feel very thankful for everything. My departed loved ones taught me so many important things: life is so precious and is never to be taken for granted; every day is a blessing; and it is "better to have loved and lost than never to have loved at all," just like Lord Alfred Tennyson said. Really, love was the biggest gift my sister, my niece, and my nephew taught me at the

price of their own precious lives. My niece, especially, with whom I had felt a strong connection and whom I loved dearly, changed me from a young self-centered adult who didn't care much about children to someone who is fond of children and who believes that all children must be protected at all costs. I see my niece and nephew in every child that I encounter. I am a product of that day and my loved ones didn't die in vain.

It's true I still cry sometimes missing my loved ones, but my tears are not those of pain or sorrow. Rather than focusing on how they left this earth, I am able to celebrate their lives, cherishing all the memories we made together. My scar, that was very raw 20 years ago gradually formed a scab and is a slight mark today. It's there, it will never go away, but it will not dictate my life.

If some of you see no light at the end of the tunnel right now and it might appear as though there is no end to the pain and sorrow that you are feeling, I hope my sharing this story, my journey, gives you some hope and comfort. I think it's okay to feel weak and powerless because strong people have weak moments, too. I think it's okay to take as much time as you need and do what you need to do to alleviate pain, feel better and get through your loss. We are all unique individuals with different coping mechanisms and grieving styles, and so are our life stories. Please just remember you are not alone on your journey and there is always help if and when you reach out to others.

Lastly, I would like to believe that the souls of our loved ones are always with us and we will be reunited someday.

In loving memory of Hiromi, Yuka and Takumi
August 21, 2015



Tomomi Mikawa is a Licensed Marriage and Family Therapist (LMFT) serving clients throughout Los Angeles. She works from a client-centered, collaborative approach using mindfulness and strongly believes that each individual is equipped with the necessary strengths and resources to overcome life challenges and obstacles when getting the appropriate help and support from others. Tomomi aspires to journey with her clients toward transformation and personal growth, providing encouragement and instilling hope.

Upcoming Events

**AFSP International Survivors
of Suicide Loss Day**
November 21, 2015

**Survivors After Suicide
Winter Potluck**
Saturday, December 5, 2015, 6–8:30pm
Veterans Memorial Park – Teen Center
4117 Overland Ave., Culver City

A Speech to Inspire | A Speech to Remember

By Jayne Skeff

On August 1, 2015, at the SAS Potluck, Greg Santilli spoke to the audience about his 10-year journey since his brother died by suicide in August 2005. Presented with a gut-level honesty that took great courage, his speech illuminated how important it is to share and open your mind and your life to the support of those people around you.

For those of you who were not present at the Potluck to hear his talk, Greg has graciously allowed us to share it once again with all of you. It's a speech to remember.

Hi Everyone –

My name is Greg Santilli and I lost my only brother Dave to suicide on August 16, 2005. So on the 16th of the month, it will be 10 years since his death. In looking back on this 10 year journey, I'm inspired to share one aspect that I think may be helpful or offer hope to other survivors of this incredibly significant and painful loss.

After my brother's suicide, one of the biggest challenges that I faced as a survivor was intense feelings of guilt. While I have often heard other survivors share that they did everything they could to help save their loved ones, I know that was not the case with my brother. I clearly know there were many other things myself and family could have done to save his life. Like for instance, to not leave him alone when he was at height of his decline. In fact, there were several things that my brother personally asked me to in the weeks preceding his suicide, that I chose not to do, for reasons that don't seem to make any sense now.

In the first four years after my brother's suicide, I wallowed in intense feelings of guilt. These feelings were so strong that for a long time I felt I was not worthy of life myself. Not being able to effectively help my brother, often felt, and sometimes still does, feel like the ultimate personal failure.

Several years into my survivor journal, feeling rather lost and helpless, I reached out to a Catholic sister I knew through my church. A series of events transpired that ultimately resulted in me in signing up for my eight week Survivors After Suicide program through Didi Hirsch, about four and a half years after Dave's suicide.

One of the biggest challenges that I faced as a survivor was intense feelings of guilt.

I'd like to share one very pivotal event in my survivor journey that happened about half way through my eight week SAS program. Susan Celentano, our awesome grief therapist, was assembling hand-out paperwork along the countertop in the meeting room, she and I began to speak informally about my incredibly strong feelings of guilt about my brother's death stemming from constant thoughts of regret about why I had not done more for him. Her response to me was "you cannot take what you know now and put it into your head back then." Often I had heard that no one can really say anything to a survivor that will ease the pain or sadness. Although that may generally be the case in our survivor experiences, this was absolutely not the case here. I thought intently about what Susan had said and how much it made sense to me. While driving home from the meeting that day I felt a remarkable sense of optimism and hope, and physically felt somewhat of a weight lifting off my shoulders. To this day, I still recall exactly where I was while driving along the freeway when I had this experience. For the first time in four and a half years since my brother's death, I felt that I was actually going to make it – that I

was going to be able to "live" with this loss, carry this heavy cross, maybe even accept it. Besides taking that first important step to joining a survivor group, this was probably the most significant stride that I had made in my survivor healing journey.

Two incredibly important things happened that fateful day in February 2010: First, Susan opened the door to my personal self-forgiveness, and secondly, I stepped through that door! Truth be told, I will probably spend the rest of my life walking down the path of self-forgiveness on the other side of that door. However, I have forgiven myself enough where my guilt has turned to regret, and regret is something I can live with, and yet still find joy in my life.

Susan, words cannot begin to express my gratitude. What you said to me that day saved my life!

Two weeks from tomorrow, on the 10th anniversary of my brother Dave's suicide, we will celebrate his life. I have spent the last few months thinking about what this day will feel like, and what we will do. While I don't know how that day will feel, I do know what we will do. We will celebrate Dave's life by doing the things he loved to do. The two things he loved most in life, besides his children, were going to the beach and playing hockey. So my family, along with Dave's best friend Bob and his brother John will have a picnic at Santa Monica beach, where we hung out with high school friends for years growing up, and then we will watch an ice hockey practice later than evening.

As I stand here, a 10 year survivor of this incredible loss, I am filled with hope for all the days ahead, and I am grateful.

Alive and Running 2015 Celebrates Life and Sets New Record for Fundraising

By Jayne Skeff

Los Angeles – Dedicated to Didi Hirsch Suicide Prevention Center’s founder, Dr. Norman L. Farberow, who died on September 10, the 17th annual Alive & Running 5K Walk/Run was a record-breaking event that raised awareness and more than \$325,000 for suicide prevention services.

Two portraits of Dr. Farberow hung from the main stage in the EXPO area where survivor Carina Hernandez spoke about the agonizing loss of her father, Rolando, who died by suicide when she was in graduate school. Carina, who joined Survivors After Suicide in 2013 and attends monthly drop-in groups, served as team captain for Lalo’s Legacy, which she organized in honor of her father. The team, her first for Alive & Running, had 15 participants and raised \$1,155!

Tom Kenny, the actor and comedian who is the voice of SpongeBob SquarePants and Ice King from *Adventure Time*, emceed the event. Demonstrating how he creates SpongeBob’s signature laugh, Kenny led about 25 children in warm-up exercises before the Kiddie K and described silliness as “a superpower – better than x-ray vision” for bringing a moment of joy to people who are hurting.

The family-friendly event drew more than 2,300 runners, walkers and volunteers and included live music, memory quilts, banners and an EXPO with free massages, balloon art and other giveaways. Many participants wrote messages to loved ones lost to suicide on paper leaves that they hung on the branches of a memory tree at the EXPO entrance. The tree now resides at the Suicide Prevention Center.



Hugs of congratulations, support and love were endless at Alive & Running.



Runners take a moment at the Memory Banner to reflect and remember those in their lives they have lost but still love.



The Memory Tree comes alive with leaves of lives remembered.

Exciting new location, expanded services for Orange County

The Orange County team is very excited to announce they have moved to a new and much larger location. Now located inside the Citizens Business Bank Building in Santa Ana, the new larger offices will better enable them to provide expanded services for the ever-growing community they support.

In addition to the services for loss survivors, the Orange County program now offers the Survivors of a Suicide Attempt Support Group. The team will be expanding services for Spanish-speaking survivors and is hiring a bilingual therapist who speaks Spanish and English.

Here’s a peek at the fabulous digs for the OC team but we invite you to stop by and check it out yourself! We’re located at 2000 E. 4th Street, Suite 110, Santa Ana, CA 92705.



The new Orange County offices are located inside the Citizens Business Bank Building in Santa Ana.



The “OC Team” (Sandra Yi-Lopez, Jasmine Cantoran and Jacque Rivera) invites you to come by and check out their fabulous new offices.

IN MEMORY OF

Jaime Abrahamson	Efraim	Deanna Elaine Knott	Frederic Rauber
Jeremy Adler	Eric	Sean Saxon Kowsky	Douglas Ravenscroft
Jeremy Theriault Adler	Keenan Esparza	Charles Kreinik	Chris Reynolds
Jimmel Aldave	Andrew Estrada	Kyle Kubachka	Glenn Roberts
Gregory Almadovar	Dr. Norman Farberow	Joel W. Lamb	Joseph Rosa
Kelli Andaluz	Jordan Farkas	Noah Langholz	Betty Ruiz
Christopher Argerich	Lisa Fazio	Jacqueline LeBlanc	Jose Sandoval
Julian Asea	Kathy Fiore	Leon and Rita	Oscar Saxe
Bobby Bagby	Beth Fried	Stan Lelewer	Maria Scaffidi
Jimmy Bagby	Aaron Matthew Friebling	Jeffery Scott Lind	Derek Schraeder
Brandon C. Bailey	Jon Furie	Rachel Luna	Sindy
Don Barry	Howard Goldman	Son Ly	Rick Stern
Wesley Kent Beavers	Richard Goldstein	Johnny Lynch	Elizabeth Szucs
Belkis	Hunter Graham	James M. Maddox' mother	Kurtis Sherman
Drew Bernstein	Tammy Gruss	Scott Marksbury	Daniel Silver
Curt Beyer	Aaron P. Gutierrez	Miguel Martinez	Paul Sime
Danny Blackmore	Jeffrey Allen Gutin	Michael Joseph Marzi	David Slater
Harold Blankenship	Ernesto Haro	Rick McClung	Dan Slocum
Sammy Bloom	Marty Trent Harris	Roderick Mendoza	Jaitee Speed
Daniel Boxall	Ronnie Harris	Michele	Julian St. John
Tom Brockish	Jonathan Wesley Hegvold	Tim Miller	Teri Strickland
Jennifer Brown	Jeremiah J Hennessy	David Modjallal	Akira Sugita
Patricia Burry	Rolando Hernandez	Ed Mogil	Hiromi Tanaka
Jason Byrd	Sergio Hernandez Jr.	Debbie Morris	Ruth Elizabeth Thompson
Henri Cao	Beth Hess	Bobby Moufarrege	Sampson Thompson
Andrea Celoria	Manfred Hoeper	Don R. Mowery	Brandon Toh
Sally E. Clair	Camelia Holder	Nancy	Robert (Rob) Ulysses Uyeda
Randy Clevenger	Barbara Hornichter	Rebekah Nicodemus	Jose Manuel Urizar
Manuel Antonio Constanza	Peter Huang	Munehiro Nitta	Elaine Uy
Leon Steve Contreras	Mark Hurlimann	Catherine Aiko Nobori	Eddie Villaneda
Rita Irene Contreras	Michael Arthur Igdaloff	Sam Noorbakhsh	Jane Cynthia Wadsley
Jason Crawford	Jerome Janger	Martin Novak	Gregory Walkowiak
Robert Curry	Jr Javier	Chris Parry	Aaron Walter
Travis Cuzick	Steven Jay	Keren Pasandi	Jeff Wannberg
Kyle Janine Dale	Joe	Samuel Pastorello	Austin Wells
Brian Dalton	Joel	Paula	Matt Werber
Tony D'Amico	John John	Ernesto Pegueros	Davyd Whaley
Robert Diaz	Deb Johnson	Mark Peters	Glenn Whitcomb
James T. Dobil	Sonja Johnson	Janie Gage Phear	Carol Wichman
Laura Douglas	"Penrhyn ""Pen"" Jorgensen"	Shawn Philbin	Kenneth Williams
Ben Dravis	Bruddha Paul K.	K. Pimentel	Paul Woodrow
Alan Dunn	Antonio L. Kabahar	Diane Pinkelman	Aaron Yanagisawa
Troy Dunne	Sophy Kann	Randy Poree	Lee Thompson Young
Dustin	John Milton Keith	Aunt Jane Powers	Efraim Perez Zepeda
Michael Dvornik	Sterling Kelly	Hallie Rabin	
Kristin Dworkoski	Jeremy King	Barry Rackover	
Robert Edmonds	Tim Kleingartner	Junior Ramirez	

IN HONOR OF

Andrew W. Martinez	Drew Weisserman	Marcy Landres and Bruce Landres	Robert Zigman
Charlotte and Jeremy Fletcher	Harry Bernstein	Norman Farberow	Ronda Rousey
Charlotte Fletcher	Janine and Henry Lichstein	Pam Kluff	Susan Savin
Curley Bonds, M.D.	John McGann	Rick Mogil	Jonathan Hevgold

May 1, 2015 through October 16, 2015

Everyone Has a Choice

Dr. Janet Hoult
November 26, 2014

Dedicated to the counselors at Didi Hirsch Mental Health Services Suicide Prevention Center.

It's been more than 15 years since I lost my son
My pain was deep as deep could be –
 he was my only one
No one could understand my grief
Or give relief, even if brief

Memories churned and turned inside
I contemplated suicide
My world was dark, I saw no light
Hopes for my son were gone from sight

The darkness became even worse
Then someone suggested Didi Hirsch
I met a counselor who helped me see
How from dark thoughts I could be free

It took some time, but I learned to cope
And live my life again with hope
My skills are needed again and again
And each time I help, it is I who win

Sometimes I think of my counselor's voice
And her reminder that I have a choice
I chose to live and use my skills
Knowing when I die it will be God's will



"McCready the Musical" Honors the Life of Country Singer Mindy McCready and Benefits Didi Hirsch

By Jayne Skeff



McCready the Musical, starring Jennifer Blake, honored the life of country music star Mindy McCready who died by suicide in 2013. Ms. Blake donated a portion of the proceeds from the June 5th performance to the Didi Hirsch Suicide Prevention Center.

Los Angeles – The short and turbulent life of country singer Mindy McCready was the subject of the new musical that debuted on May 8th at the Spirit Studio in Silverlake. Starring Jennifer Blake as the country singer who shot to stardom in 1996 with her hit "Guys Do It All the Time," the play chronicles her life through her music from 1990 to 2013. Blake, who co-produced the production with writer-director Jon Bernstein, said she felt very connected with McCready's life as she began to research the role extensively.

Her quick rise to stardom coupled with her personal life choices made her an easy target for the tabloids and, following her first double-platinum album, she was never able to duplicate that level of success again. As Blake tells it, her story is really in the music she wrote and the play is a journey through her life through her music. In testament to the deep commitment and loyalty to Mindy McCready, her former band members Brady Harris, Jim Bianco, Michael Ursu and Clinton Pickens also star in the play.

Blake and Bernstein plan to take this musical on the road to other cities to share her story with the fans who loved her. Mindy McCready died by suicide on February 16, 2013. She was 37 years old.

Didi Hirsch Suicide Prevention Services was honored to have been selected by Jennifer Blake to be the recipient of a portion of the proceeds from the June 5, 2015 performance. In an interview with Jennifer Blake regarding the donation, she said, "My reason for wanting to dedicate a portion of the proceeds to Didi Hirsch is that at 37 years old, Mindy saw no other way out. It's heartbreaking, and it's relatable, because most everyone has experienced the depths of disappointment and despair. This is a tribute to her life, and with that, we contribute to one of the organizations that can help those who also see no clear way out."

Rick Mogil, Director of Didi Hirsch Suicide Prevention and Bereavement Services, attended the June 5 performance with Didi Hirsch's Director of Communications Kim Kowsky. They spoke briefly to the crowd about the Didi Hirsch Suicide Prevention Center and handed out fliers promoting *Alive and Running* after the show.



4760 South Sepulveda Boulevard
Culver City, California 90230

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SAS Group Meetings

Everyone who has completed an eight-week Survivors After Suicide Support Group is invited to attend scheduled monthly meetings at any of the locations listed below. There is no charge.

Drop-In Groups

San Gabriel Valley

Meets every Tuesday night, 7:30 – 9:00 p.m.

Santa Ana

Meets the 1st Wednesday of each month, 6:30 – 8:00 p.m.
Meeting dates: Nov. 4, Dec. 2, Jan. 6, Feb. 3.

San Fernando Valley

Meets the 2nd Saturday of each month, 11:30 a.m. – 1:00 p.m.
Meeting dates: Nov. 14, Dec. 12, Jan. 9, Feb. 8.

South Bay

Meets the 2nd Sunday of each month, 11:00 am – 12:30 p.m.
Meeting dates: Nov. 15, Dec. 13, Jan. 10, Feb. 14.

West Los Angeles

Meets every Tuesday night, 7:30 - 9:00 p.m.

Eight-Week Groups

Our eight-week support groups for those who have lost loved ones to suicide take place on the following schedule:

Group 1: Late February Group 2: Late May Group 3: Mid August Group 4: Mid October

Groups meet once a week for an hour and a half for eight consecutive weeks, with locations in Sherman Oaks, Culver City, Redondo Beach, San Marino and Santa Ana.

Please call to be placed in a group. Los Angeles: (310) 895-2326 or Orange County: (714) 547-0885