

**STATE-WIDE
SOS GROUP
LOCATIONS**

TEMPE SOS GROUP

1st and 3rd Thursday
7:00 pm - 9:00 pm
EMPACT-SPC
618 S. Madison Dr, Tempe

EAST MESA SOS GROUP

2nd and 4th Thursday
6:00 pm—8:00 pm
Red Mountain
Multigenerational Center
7550 E. Adobe Rd, Mesa

**PARADISE VALLEY SOS
GROUP - NEW TIME!**

1st and 3rd Wednesday
6:30 pm - 8:30 pm
Paradise Valley Hospital/
Abrazo Healthcare
3929 E. Bell Rd, Phoenix

**PHOENIX/SCOTTSDALE
SOS GROUP**

2nd and 4th Wednesday
7:00 pm - 9:00 pm
Prince of Peace Church
3641 N. 56th St, Phoenix

**WEST VALLEY SOS
GROUP**

2nd and 4th Tuesday
7:30 pm - 9:30 pm
EMPACT-SPC
4425 W. Olive, Suite 194
Glendale

**QUEEN CREEK SOS
GROUP**

1st and 3rd Wednesday
7pm—8:30pm
AMADEO Vineyard Church
21805 S. Ellsworth Rd.
Queen Creek

TUCSON SOS GROUP

2nd and 4th Monday
6pm—8pm
La Frontera Office
1101 E. Broadway, Suite 130
Tucson

In Northern AZ:

PRESCOTT SOS GROUP

Last Monday
6pm—8pm
First Congregational Church
216 E. Gurley St. Prescott



Survivors of Suicide Newsletter

Stay Connected



FALL EDITION 2015



International Association for Suicide Prevention

September 10, 2015

World Suicide Prevention Day

Preventing Suicide: Reaching Out and Saving Lives

'Preventing Suicide: Reaching Out and Saving Lives' is the theme of the 2015 World Suicide Prevention Day (WSPD), an initiative of the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO). Since 2003, WSPD has taken place on September 10th as a day for individuals, organizations, and communities to focus on the role they play in combating suicide.

The theme this year is focused on human connection—the act of showing care and concern to others who may be vulnerable to suicide. While isolation can increase the risk of suicide, having strong connections can be a protective factor against suicide.

According to the recent World Health Organization (WHO) report: **Preventing Suicide: A Global Imperative**, over 800,000 people die by suicide across the world each year, a figure that is said to be conservative, considering the stigma associated with suicide. While the exact figure may be difficult to pinpoint, we know that each suicide is a tragic loss of life. WSPD is one way to bring a global awareness of the issue of suicide in all communities.

WHAT CAN YOU DO TO SUPPORT WORLD SUICIDE PREVENTION DAY?

- Learn more about EMPACT-SPC's Reach Out, Check In, Save a Life Suicide Prevention Campaign, which focuses on connecting as a response to the challenges of life. When people connect on a real and personal level, it can make a critical difference to someone who's depressed, isolated, lonely. It can literally help save a life. Please visit: www.reachoutcheckin.org
- Visit the Official World Suicide Prevention Day Facebook Event Page and join people from all over the world who are supporting World Suicide Prevention Day: survivors of suicide and the many volunteers and practitioners worldwide who work to alleviate suffering through evidence-based research and practices. <https://www.facebook.com/events/255898161201511/>
- Attend the Suicide Prevention Awareness Week Rally at **Tempe Market Place: Friday, September 11th, 7-10pm**. Join us to learn more about valuable resources for teens, live music, raffles, prizes and lifesaving information.



**For the latest information about
EMPACT-SPC's Survivors of Suicide
Program, please visit our new website:
www.empactsos.org**

SOS & EMDR: Survivors of Suicide Program Begins Eye Movement Desensitization and Reprocessing (EMDR) Therapy

Suicide is traumatic. It is often sudden and unexpected. When the death of a loved one involves trauma, those who are left behind must find a way to deal with the complicated grief and trauma associated with the suicide.

The Survivors of Suicide Program at EMPACT-Suicide Prevention Center is expanding its services for those bereaved by suicide, to include EMDR (Eye Movement Desensitization and Reprocessing Therapy). EMDR is an evidence-based psychotherapy for treating Post-traumatic Stress Disorder (PTSD), and it is designated as an effective treatment by the American Psychiatric Association and the World Health Organization. EMDR therapy shows that the mind can heal from psychological trauma in the same way that the body recovers from physical trauma. It has been found to be an effective tool for alleviating trauma in grief.

EMDR reduces or resolves traumatic memories and enhances resilience. Many Survivors of Suicide have found EMDR to be very helpful in dealing with the trauma of their loss, and the associated complicated grief.

For more information about EMDR for Survivors of Suicide, or if you are interested in individual therapy, please contact Sanja Sobo, MC, LPC:
Sanja.Sobo@LaFrontera-EMPACT.org /480-784-1514, ext. 4202.



October 22-23, 2015

HOPE

Shining a light on suicide prevention



ARIZONA
SUICIDE
PREVENTION
COALITION

8th Annual
Suicide Prevention
Conference

Please join us for the 8th Annual Arizona Suicide Prevention Conference.

Day 2 of this conference (October 23rd) features sessions that are focused on postvention.

Keynote Speaker: Michelle L. Rust, Ph.D.

(formerly Michelle Linn-Gust)



Michelle L. Rust, Ph.D., has traveled the world for over ten years talking about how to move forward after grief and loss, particularly suicide. Having survived a number of deaths in her family including the suicide of her younger sister and the untimely losses of both her parents as well as divorce, she now focuses on how people can find hope and happiness in the face of sadness. She served as the president of the American Association of Suicidology and is the author of eight books including the forthcoming *Finding Blue Sky: Happiness After Loss and Change*. Read more about Michelle at www.inspirebymichelle.com.

Keynote Session: Finding Blue Sky: Happiness After Loss and Change

Michelle L. Rust never thought she'd have to spend most of her adult life navigating a slew of losses: her younger sister by suicide, her parents, and then divorce. But through it all, she realized that early in her life she was teaching herself coping mechanisms that would help her continue forward, believing in hope, even when the losses kept mounting around her. Here she will share her story, showing that no matter what happens to you, there still is happiness to be found.

Survivor Rate: Early Registration \$50, Late \$70 (after October 1, 2015)

Register at www.azspc.org

Survivor Story: A Way to Honor Your Loved One



August 17, 2015 marked the 5th anniversary of the death of Nina Colleen Warner, daughter of John & Colleen, sister of Sandy.

Nina left behind a LIST -the file titled simply "to do before I die." When she died, NINA'S LIST had grown to 366 items. Her family was stunned to discover that she had already accomplished and crossed off about 100 of a mix of the miniscule, the mundane, and the momentous.

Her family created a website, [NINA'S LIST](#), in the hope of finding joy amid darkness, to help in healing, and most importantly, to ensure that Nina is never forgotten and that her spirit lives on.

NINA'S LIST is an interactive website at www.ninaslist.org. It's easy to get started using NINA'S LIST to spark your imagination to do whatever or go wherever you've always dreamed. You can accomplish one of her goals for yourself or add a goal of your own to the list. There are three ways to use the list: (1) type the keyword of a goal into the search box, (2) click on one of the nine tabs, such as "Small Miracles" or "Once in Your Life," or (3) click on "Help Finish the List" if you've already done something on the list that you can write about and add pictures if you have them.

For the 5th anniversary of her death, her family wanted to do something additional as a way of remembering Nina—a [Collage of Happiness](#).

The family's request: If you are willing, what you can do is this: share a memory you hold dear – **the only requirement is that thinking of it makes you smile and feel happy. It can be ANYTHING.** To get the creative juices flowing, here are a few ideas: your family, a special sunset, a place you have traveled, a poem, a book, a song or photo, a smell that takes you back, a recipe handed down from your family/friends, a tradition, your first car; it also can be a memory connected to a loved one that you have lost.

What is your memory and why does it make you happy? It makes sense to include a photo that describes your happy memory. If you decide to participate please email your memory/photo to: Colleen.Warner@srpnet.com

Meet Nina.....Nina lived for only twenty years. She filled her life with compassion for everyone, except herself, and thoughtful support to troubled people, except herself.

When she was unable to attend college physically, she pursued a university honors degree in sociology online, aiming towards a career in sociology.

Having been bullied as a child, Nina became a natural protector of others. Her passions were animal welfare and social justice, especially standing up for the rights of women. She could rouse a fine rage against cruelty, heartlessness or indifference.

Before the darkness of her disease overwhelmed her, Nina's great joy was travel. She wanted to go everywhere and see everything. She traveled from a South American rainforest to an icebreaker in the Arctic, from Stratford-on-Avon to a nature preserve in western China. In her last months, she managed to reach Antarctica, sending home photos of herself, cocooned in her sleeping bag on the deck of her ship, and taking a dunk through a hole in the ice. She kept a world map on her bedroom wall, stuck with pins for the places she had visited; her favorite pastime was figuring out where to go next.

To the end, Nina lived by the words of her much-admired Dorothy Parker:

"The cure for boredom is curiosity. There is no cure for curiosity."



Roots...(author unknown)

Reprinted from LIFELINK, Survivors of Suicide Loss, Reno, Nevada, November 2010

Many living things need each other to survive. If you have ever seen a Colorado Aspen tree, you may have noticed that it does not grow alone. Aspens are found in clusters, or groves. The reason is that the Aspen sends up new shoots from the roots. In a small grove, all of the trees may actually be connected by their roots! Giant California redwood trees may tower 300 feet into the sky. It would seem that they would require extremely deep roots to anchor them against strong winds. But we're told that their roots are actually quite shallow - in order to capture as much surface water as possible. And they spread in all directions, intertwining with other redwoods. Locked together in this way, all the trees support each other in wind and storms. Like the Aspen, they never stand alone. They need one another to survive. People, too, are connected by a system of roots. We are born to family and learn early to make friends. We are not meant to survive long without others. And like the redwood, we need to hold one another up. When pounded by the sometimes vicious storms of life, we need others to support and sustain us.

Have you been doing it alone?

Maybe it's time to let someone else help hold you up for awhile.

Or perhaps someone needs to be held up by you.



SOS Memorial Quilts



EMPACT-SPC has begun working on the 7th Memorial Quilt. If you are interested in having your loved one appear on this next quilt, please email the following information to:

Sandra.McNally@empact-spc.com

- ***A picture or pictures of your loved one that you want to use on the quilt.***
- ***Full name of your loved one.***
- ***Dates of your loved one's birth and death.***
- ***A message you would like included – it can be anything but needs to fit on an 8" x 8" square with the picture (s).***



EMPACT - SUICIDE PREVENTION CENTER

For more information, contact:

Sandra McNally, Prevention Manager

EMPACT SPC

618 S. Madison Drive

Tempe, AZ 85281

Phone: 480-784-1514, ext. 1219

E-mail: Sandra.McNally@LaFrontera-EMPACT.org

*Your Partner for a Safe, Strong,
and Healthy Community.*

Resources:

Crisis/Suicide Hotlines:

- La Frontera Arizona/EMPACT-SPC:
480-784-1500
- National Lifeline Network:
800-273-TALK
- Mercy Maricopa Crisis Hotline
800-631-1314

Internet Resources:

- American Association of Suicidology:
www.suicidology.com
- American Foundation of Suicide Prevention:
www.afsp.org



Save the Date!

**10th Annual Jeremyah Memorial 5K
Walk/Run to Support Survivors of Suicide
Saturday, February 6, 2016
Kiwanis Park, Tempe**