Connect, Communicate and Care on World Suicide Prevention Day

On September 10th, join with others around the world who are working towards the common goal of preventing suicide. Check in on someone you may be concerned about, and start a caring conversation with them, asking them how they're doing. Investigate ways of connecting with others who are trying to prevent suicide in your community, your country, or internationally.

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 is depressed, isolated, lonely. It can literally help save a life. Please visit: www.reachoutcheckin.org
- Attend the Suicide Prevention Awareness Week Rally at Tempe Market Place: Friday, September 9th, 7pm—9:30pm. Join us for live music and raffle prizes, and to learn more about valuable resources for teens and lifesaving information.

NEW SOS Group in The Town of Maricopa:

When: 1st & 3rd Tuesday of each month, 5:30pm -7:00pm
Where: Maricopa LaFrontera/EMPACT-SPC Office
21476 N John Wayne PKWY, ST C101
The Survivors of Suicide (SOS) Program at EMPACT-SPC held their Annual Volunteer Retreat for SOS group facilitators in July; this year’s weekend retreat took place in Flagstaff.

This retreat is one way that EMPACT-SPC shows their appreciation to the dedicated volunteers of this program who give so much of their time, and are committed to the SOS program, year after year. Also, it’s a time for SOS Group Facilitators to receive valuable training about support group facilitation in order to be more effective in their role.

Volunteer Opportunity: For those who are interested in becoming an SOS Group Facilitator for EMPACT-SPC, the individual must be a Survivor of Suicide, with at least 2 years since his/her loss occurred; also, he/she must complete EMPACT-SPC’s SOS Group Facilitator Training, must be willing to facilitate an SOS group at least once per month, and must be able to attend a monthly supervision meeting.

For more information about this volunteer opportunity for the SOS program, please contact: 480-784-1514, ext. 1108.
“Sometimes in life, events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward.

The Alliance of Hope for Suicide Loss Survivors provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide. We hope that you will find resources here to help you deal with, and eventually heal from, what may well be the worst pain you will ever feel.

It is important to know that people can and do survive loss by suicide. They are forever altered and may never stop missing their loved ones, but they do survive and go on to lead meaningful and contributory lives.

This site was designed by survivors for survivors. The culture here as well as on our forum is one that recognizes and respects the courage and resilience of suicide survivors at all stages of their personal journeys.

We invite you to join our supportive community of survivors from across the world. You will find many friends here.”

Ronnie Walker, MS, LCPC
Founder: Alliance of Hope for Suicide Loss
Individual Therapy/ EMDR for Survivors of Suicide

EMDR is an evidence-based psychotherapy for Posttraumatic Stress Disorder (PTSD). It is designated as an effective treatment by the American Psychiatric Association, the World Health Organization (WHO), and many other international health agencies. EMDR reduces or resolves traumatic memories and enhances resilience. Survivors have found EMDR to be very effective in dealing with the trauma of their loss, and the complicated grief associated.

If you are interested in services, please contact Sanja Sobo, MC, LPC: 480-784-1514, ext. 4202

"If you know someone who has lost a very important person in their life and you're afraid to mention them because you think you may make them sad by reminding them that they died—you're not reminding them because they didn't forget. What you're reminding them of is that you remembered that they lived. And that is a great, great gift."

SOS Memorial Quilts

Our 7th SOS Memorial Quilt was showcased at the Jeremyah Memorial 5K Walk/Run on February 6th. We have begun working on the 8th Quilt. If you are interested in having your loved one appear on this next quilt, please email the following information to:

Sandra.McNally@LaFrontera-Empact.org

- 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).
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

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.

2016 ARIZONA SUICIDE PREVENTION COALITION
HOPE Conference
Growing Together as a Community to Create Change
A STATE WIDE CONFERENCE ON SUICIDE PREVENTION

DATE: October 18 & 19, 2016 | Pre-Conference October 17, 2016

TIME: 8:00 AM – 4:30 PM Each Day
Breakfast, Lunch & Snacks are included

LOCATION:
Black Canyon Conference Center
9440 N 25th Ave
Phoenix, AZ 85021

For more information, please visit www.azspc.org