“Every day, we lose many lives to suicide, and many more are profoundly impacted by their deaths. We acknowledge all who experience the challenges of suicidal ideation, and those who have lost loved ones through suicide.” (www.iasp.info)

On September 10th, join with us and many others across the world who are playing their part in the prevention of suicide.

This year is the first World Suicide Prevention Day (WSPD) with the theme “Working Together to Prevent Suicide.” This theme will be retained for WSPD in 2019 and 2020. This theme was chosen because it highlights the most essential ingredient for effective global suicide prevention-collaboration. We all have a role to play and together we can collectively address the challenges presented by suicidal behavior in society today.

You can take part in the Light a Candle event in which we invite participants to Light a Candle near a window at 8pm on WSPD as a symbol of support for suicide prevention, and for many it is a means of remembering a loved one.
Visit www.azspc.org to register for one/both conferences and to see the agenda for each conference.

Special Survivor of Suicide rates are available!

October 22 and 23

October 24 and 25

This year we offer a special treat...both the
11th Annual Arizona Suicide Prevention HOPE Conference and
The 8th Annual National LOSS Team Conference
will be held during the same week, at the same location.

New Location: Desert Willow Conference Center (same great breakfast and lunch!)

Featured Speakers—Leaders in Survivors of Suicide Loss
Frank Campbell, PhD, LCSW
Stuart Smith, LPC
Teri V. Krull, LCSW, LLC
Michelle Rusk, PhD
Autumn Grief

by Deb Kosmer

Outside the temperatures are changing, and we find a need to pull out fall clothing. Before too long we will need even more warmth, and our winter wardrobe will appear. For some of us this year it may seem that no matter how many layers we put on, we are still cold. The chill we feel in our bones goes beyond warm clothing to matters of the heart. What we really long for: an arm around our shoulder, a hug, a hand to hold, someone to snuggle with on a cool crisp day; seems to be as absent as the sunshine we once enjoyed. With a heavy heart, we sigh again, something we seem to do more and more these days.

We may feel like giving up, and just going back to bed and staying there ’til spring! After all, if bears hibernate for the whole winter why can’t we, especially this year when we are left to feel so useless and alone. Though it may be hard to motivate ourselves, it is important to find some things we can do to help us through the chill of autumn, heightened by the absence of someone we loved.

When we act as if we want to do something or are enjoying something, our feelings frequently have a way of catching up with us. Here are some ways to help you this autumn season.

* Make caramel apples and share them with the kids in the neighborhood or the adults.
* While raking leaves, make a house with rooms like you used to as a child. Let yourself dream a little bit.
* Buy yourself a new sweater in the favorite color of your loved one. Every time you wear it, imagine him or her smiling at you.
* Pull out a favorite piece of your loved one’s fall clothing and wrap yourself in it. Let yourself believe each time you do that you are being hugged by your loved one.
* Make a batch of caramel corn to share.
* Invite a few friends over for an evening of potluck and board games.
* Pull out a favorite book and give yourself the gift of rereading it again.
* If you have grandchildren, invite them over for a sleepover. Make popcorn balls with them and tell stories about when you were a child.
* Rent some old videos you haven’t seen in 20 years or more and have a movie night with a few friends.
* Invite several friends over for a potluck brunch and gabfest.
* Pick out pieces of your own and your loved one’s clothing that can be used to make a quilt. As you use the quilt, think about all of the ways they continue to be part of your life today.
* Make this list your own by adding some of your own good ideas.

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Resource for Survivors of Suicide:

Your Art, Your Story— Healing after Suicide Through Art/Community

For more information, visit: www.yourartyourstory.org
Survivors of Suicide (SOS) Facilitator Training

EMPACT-SPC is interested in expanding its SOS Program and is looking for new facilitators to help co-lead our support groups.

SOS Group Facilitator Qualifications:

1. Must be a Survivor of Suicide, with at least 2 years since the loss occurred.
2. Must submit a Volunteer Application, including references.
3. Must successfully complete our SOS Group Facilitator Training.
4. Must be willing to facilitate an SOS Group at least 1x per month and attend our monthly volunteer supervision meeting.

For more information, please contact Sandra McNally at 480-784-1514, ext. 1219.

“Perhaps the butterfly is proof that you can go through a great deal of darkness and still become something beautiful.”
October.....

It arrives too soon
And, somehow, never really leaves.
The orange mixes well, though
With the darkness of the cold breeze.

The days seem shorter,
The sun wears thin.
Maybe that's just Time's way
Of inviting the grief, to heal, but again.

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).
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 Care Crisis Hotline: 800-631-1314

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

“Creating a Legacy”
Planned Giving for EMPACT-SPC's Survivors of Suicide Program

“Creating a Legacy” for EMPACT-SPC's Survivors of Suicide Program is a beautiful opportunity to remember a loved one, and to contribute to the healing of others in our community who have been impacted by a tragic loss to suicide. It is a way to contribute to an agency and program whose mission is to help others in their healing journey.

Nonprofit agencies such as EMPACT-SPC need financial assistance in order to continue their critical work in the community. By making a planned gift, you can make a difference in the lives of others by helping to ensure that EMPACT-SPC is able to continue supporting our Survivors of Suicide program for years to come. The process of Creating a Legacy can be as easy as naming EMPACT-SPC’s Survivors of Suicide program in your will, or as the beneficiary of a life insurance policy or retirement plan proceeds.

If you would like to become a part of EMPACT-SPC’s Survivors of Suicide "Creating a Legacy" program, or if you have any questions, please contact Sandra McNally, Survivors of Suicide Program Manager, at (480) 784-1514, ext. 1219 or at Sandra.McNally@lafrontera-empact.org

You also may write to us at EMPACT-SPC, c/o Sandra McNally, 618 S. Madison Drive, Tempe, AZ 85281. We will be happy to provide you information about options for planned giving.