“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 is the second year that the World Suicide Prevention Day (WSPD) theme is “Working Together to Prevent Suicide.” 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.
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 loss, 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 Sandra.McNally@lafrontera-empact.org

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**Participation Opportunity—Research Study**

The SOS Program at EMPACT-SPC has been asked to contribute to a research project entitled, "Grief After Suicide: A Health Perspective on Needs, Effective Help, and Personal Growth."

This Research Topic aims to broaden our understanding of grief after suicide, with regards to the needs of bereaved individuals and communities, and how best to help those bereaved by suicide. Our part of this project has to do with "Meaning Making After a Suicide." For Survivors of Suicide, the search for meaning after the death to suicide can be a significant part of their healing journey as they try to make sense of the tragedy.

If it has been a least 1 year since the loss of your loved one, we invite you to participate in this project by completing the short survey below. We welcome your participation, but understand if you choose not to participate.

**Survivor Survey**

**Date** ___________  __Male  __Female  __Age____

1. Who did you lose to suicide? ________________________________________________
2. When was the loss? How many years has it been? ________________________________
3. Have you attended a Survivors of Suicide Support Group in the Past?          __Yes     __No
   If ‘yes’, please share the length of time you have attended the group_______________
   If ‘yes’, has the group contributed to your healing journey? (Circle best response)
   Definitely No  No  Somewhat  Yes  Definitely Yes
   1                        2                   3                       4                      5
4. How has your life changed since your loved one’s suicide? What kind of meaning or purpose have you found?
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

Please complete by November 1. Email this page/survey to: Sandra.McNally@lafrontera-empact.org

OR Mail to: Sandra McNally, Prevention Manager • EMPACT-SPC • 618 S. Madison Drive • Tempe, AZ 85281
Six T's of Grief Recovery

Author Unknown

Reprinted from: www.friendsforsurvival.org

July/August Comforting Newsletter 2017

Time
How long depends upon the individual; no one can accurately predict. Well meaning friends and relatives may erroneously tell you, “it’s been _____ months, you should be over it now.” You may be tempted to set those same expectations for yourself. Take the time to grieve now, not later. Unless you experience the pain and learn to live with it, unresolved grief will continue to come back when you least expect it in many other forms such as anger, guilt or depression. You’ll know when you have recovered when perhaps one morning you wake up and realize that choking lump in your throat has gone and you have begun to resume control of your life.

Tears
Allow yourself to cry; the tears are healing. Let them flow for their cleansing value; they carry away waste chemicals that have built up in your body. If you cannot do so in public or at work, find a safe place such as a bereavement outreach or self-help network that can understand your tears. It’s amazing the volume of tears and what brings them on (it’s not always an obvious reminder of your loved one)! Remember to drink more water; tears tend to dehydrate you.

Talk
Talk about your memories of your loved one and the details of their dying. Find understanding listeners. Talking helps to finalize their death and to dispel the myth that they will be back. Sometimes friends and relatives fear to mention the deceased thinking it will make you cry. Assure them that you want to talk because it will help you recover.

Touch
You miss those hugs and touches from your loved one. Sometimes soon after their death, you build up a defensive shell around yourself. You may feel like a robot or a zombie. Allow yourself to be hugged, to be loved and to be embraced. If you are all alone without any family, make arrangements with a friend to give you a “healing hug” if you look or feel like you need it. Bereaved children need lots of hugs to reassure them of your continuing love.

Trust
You must trust in yourself that you will recover from this grief after a suicide death. You may have begun to question your trust in your religion. The anger you feel about your loved one leaving so many details for you to deal with may cause you to doubt your trust in yourself. It is a growing and learning experience to rediscover you as an individual.

Toil
Each person grieves in their own way that is right for them. Other words for toil are tiring work, drudgery, hard struggle, a laborious effort, strenuous fatiguing labor, to achieve a task despite the difficulties. Recognize that grief recovery is all this and more, but it’s worth the effort. You will need to get more rest and eat healthily and regularly to renew your body for this work you must do.
Reflections...Elizabeth Kübler-Ross

The loss of a loved one shakes us to our core. Loss touches us on the Soul-level.

In some ways it feels like an internal earthquake. Unstable, not sure when the shaking is going to stop or what will happen when it does. Unsteady, not entirely sure how deep the damage is or how or if it can ever be repaired. The effects of loss that reaches such depths within us settle in their own time. The shaking eventually ceases, some sense of stability returns. Some pieces heal on their own and quietly resettle in their new places. Other pieces of pain and hurt from loss take great courage to explore, understand, try to make sense of -- or accept that it cannot or will not make sense. In that courage, in that acceptance, healing is born.

After the loss of a loved one that shakes us to the core, you will not be the same. And that is okay. Settle into your heart space and find that place that knows what you need to do for you. Your grief journey is all your own. Healing is not about “moving on,” it is about moving forward, steadied after the hard quakes.

Remember to give yourself the time, grace, and space to heal on your own time, in your own way. Lend support to fellow survivors when you can. Honor that we are all on our own grief journeys, and healing cannot be forced, faked, or coerced. Healing happens... in its own time.

The reality is you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same again. Nor should you want to.

SOS Memorial Quilts

We are very close to completing 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).
“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 Dr., Tempe, AZ 85281

We will be happy to provide you information about options for planned giving.