WORLD SUICIDE PREVENTION DAY 2021
A Renewed Worldwide Commitment to Prevent Suicides

CREATING HOPE THROUGH ACTION.
SEPTEMBER 10

IASP is delighted to announce, after a worldwide consultation, the new theme for World Suicide Prevention Day 2021-2023: “Creating Hope Through Action.”

World Suicide Prevention Day (WSPD) was first launched in 2003 on the 10th of September by IASP, with the endorsement of the World Health Organization (WHO). Each year, September 10th has been designated as a day of focusing attention on the issue of suicide worldwide.

Light a Candle
On September 10th, join us and many others across the world who are playing their part in the prevention of suicide. We will be hosting a Virtual Candlelight Ceremony via Zoom, starting at 7:30pm. Then, at 8pm, as part of our ceremony, we will invite participants to Light a Candle as a symbol of support for suicide prevention, and to remember those we have lost to suicide.

Please join us:
https://zoom.us/j/98311477016?pwd=amVWbUJJjOHlvVURBmVNIQTJFceXVQz09
Meeting ID: 983 1147 7016
Passcode: 345105
Featured Speakers:

Ann Moss Rogers
TEDx storyteller, YWCA Pat Asch Fellow for social justice, NAMI Virginia board member, author of Diary of a Broken Mind and Emotionally Naked.com blog

Sally Spencer Thomas
Clinical psychologist, mental health advocate, faculty member, researcher, and suicide loss survivor.

Stan Collins
American Association of Suicidology Communication Team Member and Suicide Prevention Specialist of nearly 20 years.

For more information about the agenda and registration for this event, please visit:

https://www.azspc.org/hope-conference

(There will be reduced registration rates for Survivors of Suicide).
Survivors of Suicide (SOS) Facilitator Training

Survivors of Suicide (SOS) is a support program for those whose common bond is the loss of a loved one by suicide. This program allows participants to have the emotional support of others who have shared the trauma of this event.

For some Survivors, volunteering can be a significant part of their healing journey, by giving back and helping others through their loss.

EMPACT-SPC is interested in expanding its SOS Program and is looking for new volunteers/facilitators to help co-lead SOS support groups (including Spanish-speaking facilitators).

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.

If you are interested in volunteering for EMPACT-SPC’s SOS Program, please email Sandra McNally for more information/to receive a volunteer application:

Sandra.McNally@lafrontera-empact.org
As time goes on, I’ve discovered my grief has changed. Your laugh sounds further away, your hugs are no longer fresh in my mind, and the way you lit up a room with your beautiful smile feels like a distant memory. In some ways I miss you more now than I did when I first lost you.

It doesn’t get easier with time, the pain just looks different.

@bmerrowpoetry

SOS Memorial Quilts

Here is the latest Quilt! If you are interested in having your loved one appear on the 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 at (480) 784-1514, ext. 1219 or Sandra.McNally@lafrontera-empact.org

You also may write to us at EMPACT-SPC: c/o Sandra McNally, Prevention Manager
618 S. Madison Dr., Tempe, AZ 85281

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