



SURVIVORS

after suicide

A Program of Didi Hirsch Community Mental Health Center

OCTOBER/NOVEMBER/DECEMBER 2005 • VOLUME 18, NO. 4 • PUBLISHED QUARTERLY

Realization

Rick Mogil
Studio City, CA

I have discovered something. (Well, maybe not discovered. How about just realized?)

There are times when the wave of emotion sweeps in with the force of a tsunami. And no amount of antidepressants (Oops! Now everyone knows) can hold back the welling up of depression and despair.

When the wave crests and smashes you into the swirling foam of sadness and loss, you can only hope to ride it out until the tide recedes (ok, maybe a little cliché-ridden).

A tsunami occurs when there is a tortured rending of a fault line beneath a body of water. I have been suffering a series of these quakes over the past year, not all of them sad or depressing, just waiting for the tsunami to wash over me. The problem has been that the antidepressant works too well. I

smile a lot at the happy times and frown at the sad. But I have not really cried for joy or sorrow.

It started with the first anniversary of my brother Ed's suicide (sad), then my father's 80th birthday (joy), and my mother's 80th (joy). These were followed with what would have been my brother Ed's 50th birthday (sad), the closing of my workplace (sad), the beginning of a new job (joy), and culminating in the birth of my first grandchild (oh joyous joy!). And I have not been able to cry with pain or pleasure.

Maybe it is the other phenomenon that is working here.

There has been a background noise that has been a part of my life for as long as I can remember. I just don't remember it being so prominent, or maybe I am just now learning to really hear it. It is the constant whisper of an inner voice that tells me I am worthless, unworthy (is that the same as worthless?), not deserving of happiness,

continued on page 2

New SAS Group in Montrose!

Survivors After Suicide is pleased to announce the formation of a fifth eight-week support group location in the Los Angeles area. The new group will be in Montrose, which will be convenient for survivors in Glendale, La Crescenta, Tujunga, Sunland, La Cañada/Flintridge, Altadena, and other foothill towns. We are fortunate that the group will be led by Leslie A. Loubier, Psy.D., a licensed clinical psychologist in private practice in Montrose. Dr. Loubier's practice focuses on Health Psychology, helping individuals and their families who are dealing with health related issues as well as grief and loss. She has experience counseling survivors of suicide loss in her private practice and is very excited to bring her expertise to the SAS support group format. To be placed into the Montrose group, call the SAS Coordinator at (310) 751-5370.

SAVE THE DATES

Suicide in Film Workshop

SATURDAY, SEPTEMBER 24, 2005

Presented by Susan Celentano — see page 5

Alive & Running for Suicide Prevention 5K/10K



SUNDAY, OCTOBER 2, 2005

See Calendar of Upcoming Events, page 6

National Survivors of Suicide Day

SATURDAY, NOVEMBER 19, 2005

At the UCLA Faculty Center—See Calendar of Events, page 6

**SAS exists to help people resolve their grief and pain in their own personal way,
and to help them move forward in their lives, positively and productively.**



Tom Rankin, J.D., M.A.

Tom's Column

More than thirty people survived heat in the nineties and a postal glitch at the annual Summer Potluck. The new Bulk Mail Entry Unit location near LAX took more than three weeks to deliver last quarter's newsletter, so

many survivors did not receive their Potluck invitation until only a couple of days before the event. Thank you to the many volunteers who called members of recent SAS support groups to invite them to the Potluck. I now truly understand the phrase "going postal" but did manage to resist the urge to do so.

On a more serious note, the Potluck itself was a tremendous success! The speakers were eloquent, the food delicious, and we had just enough tents and umbrellas to give shade to the attendees. The SAS community gave a warm welcome to **Lyn Morris, LMFT**, Didi Hirsch's new Division Director for Emergency Services. We were lucky to have the C.E.O. of Didi Hirsch, **Kita Curry, Ph.D.**, speak inspirationally about her uncle's suicide and her own experience as a survivor. Kita elaborated upon how to support the SAS program through

fundraising: attend the **Alive & Running for Suicide Prevention 5K/10K on October 2, 2005** (see page 6 for details).

Susan Celentano, LMFT, described how films can enrich the grieving process. She will lead a workshop on that topic on Saturday, September 24th, at Didi Hirsch Community Mental Health Center. To RSVP, call (661) 260-3119 (see ad on page 5). **Debbie Pikul** shared her incisive original prose and spoke movingly on how words influence our healing. **Rick Mogil** highlighted several books that have helped survivors and also was the tallest speaker present. The shortest speaker award went to **Jamie Gutin**, age four, or more technically, her mom, **Nina Gutin, Ph.D.**, who overcame laryngitis to lead a relaxation exercise. Even if Jamie didn't actually speak, she had the distinction of being "the best antidepressant ever" according to her mother. That was also my experience, since I had the pleasure of holding Jamie on my lap during her mom's talk and thereby admiring her bright green fingernail polish.

Tom ✨

Tom Rankin serves as the Coordinator of the Survivors After Suicide Program and as Suicide Prevention Educator. He can be reached at 310.751.5370.

Realization *continued from page 1*

not intelligent, not good enough, the cause of all of my family's misfortune, a fat, over fifty failure, that I have brought shame on my family, have not done enough to redeem myself in God's eyes, that everyone would be better off if I were dead. D.E.A.D. Like Ed.

I hear this every day. It is like hearing "It's a small world after all" and not being able to get it out of your mind.

Sometimes it is loud and piercing and I am forced to listen. Often it is lost in the cacophony of life around me but I feel its warm, sour breath brushing against my mind, ready to blast me into a catatonic state.

I have allowed this voice to keep me depressed with no hope of enjoyment or release. I projected a feigned happiness to keep everyone from digging too deeply or getting too close. Not even my therapists have gotten past the wall I have ingeniously constructed.

I can only imagine what it must have been like for my brother, the voice getting louder every day until it was screaming in his inner ear, obliterating his will to live. He came to believe the voice and he ended its piercing shriek. He killed himself and denied me my future with him.

But something has happened to me in the two years since Ed killed himself.

I have chosen to live with my depression. To embrace it

when I have the strength. To hold it out in front of me and look it in the eye and say, "Back off Asshole! I want to enjoy this moment!"

I have conversations with this voice. I talk back. I argue. I laugh at it and point to the many happy moments in my life and what I have achieved for my family.

I sing with gusto, in my car (trust me, you wouldn't want to hear me). I laugh at talk show hosts' humor (or lack thereof) and yell at the people on the radio seeking advice, looking for redress or just an opportunity to pontificate but who haven't a clue.

I look forward to living, sharing, and laughing with my wife, spoiling my grandson, swelling with pride for the accomplishments of my son and daughter-in-law.

I know that my work with Survivors After Suicide has given me a tremendous feeling of peace and accomplishment in a way that I never could have had in the other aspects of my life.

And most of all, I laugh. I really, really laugh and revel in my mirth. I have my dark moments and blue days, but I find life mostly amusing and no longer burdensome because I don't want to be Ed.

But I also ache for his loss and the dreams we could have shared, and I am still left with just one word.

Why. ✨

How to Choose a Therapist

Rosemary A. Jozwiak, LPC, CSW

Choosing a psychotherapist is a substantial investment. The right therapist will see you through highs and lows and might be with you for a long

time. It is important that he or she suits your specific needs.

What Is Therapy

Therapy is a process in which the consumer (you) purchase the time and expertise of a psychotherapist.

What You Can Expect

There are many different types of therapy but the most common involves talking: talking about your feelings, issues, concerns, and actions. The therapist may have you talk about the reasons that you are seeking psychotherapy and how you have dealt with situations in the past. You may identify feelings and discuss problem solving strategies while being supported during your growth process.

How To Find A Therapist

People frequently ask, "Where do I find a good psychotherapist?"

- Ask a friend or family member
- Call helplines for information and referral lines
- Look in professional resource directories
- Ask a clergy person at your place of worship
- Look in the yellow pages of the telephone directory
- Ask your physician

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Lifekeepers Memory Quilt

Our quilts are displayed at national meetings, suicide-related conferences and other events. All 50 states have come together in this joint effort to educate the world about the need to reduce the incidence of suicide. You can share your pictures and sentiments by dedicating a square in the Lifekeepers Memory Quilt, offering the image of your loved one. A \$20 fee covers the cost of material, labor and postage necessary to create your visual tribute. You will receive a cotton square and instructions on how to proceed.

Yes, I want to create a quilt square to honor:

Send the material and instructions to me:

Name: _____

Address: _____

Phone Number(s): _____

E-mail: _____

- Enclosed is my \$20 check or money order made out to Mary Halligan to cover the cost of material, labor and postage.

Mail to:

Mary Halligan, 21422 Grant Ave., Torrance, CA 90503
or call Mary at 310-316-4392 for information.



*A gift, I'm told, you've left behind,
That I must seek and find;
But pain too deep, and missing you
Have blocked my open mind.*

—Iris Bolton, from "The Suicide of My Son," ©1977

Celebrate Our Grief

So many events in our lives are tinged with grief. We come to parties, birthdays, Christmas, or Labor Day with sadness because our loved ones are not with us.

Our sadness is important, but perhaps we might come to realize that our sadness, our grief, can teach us many things.

Grief teaches us the importance of celebration, the importance of coming together, the importance of living together. Grief teaches us the gift of prioritizing. We learn what is truly meaningful for us. Yet at the same time, grief gives us the gift of realizing that all our priorities are tenuous.

Grief teaches us that the world is not a safe place. Yet, grief also gives us the gift of living with this uncertainty and celebrating life in spite of it.

Grief gives us the gift of realizing that whomever we are, whatever we have accomplished or enjoyed, we have done so because others have given us the support we need to be open to possibilities.

Grief gives us the gift of realizing that, while we have the gifts of others and the gifts of systems of great meaning, each of us is still a self-made being. Grief gives us the gift of being responsible for ourselves, for our meaning system, for our spirituality.

Grief gives us the gift of openness, of being ourselves, of being open to others so that they can be filled with our gifts, as we are filled with theirs. The greatest gift someone can give is to allow us to share their pain.

Grief gives us the gift of attentiveness, of realizing that the moments we celebrate together are the only moments that exist. Grief teaches us the real gift of living in the moment.

Grief gives us the gift of understanding that we may be robbed of everything in life, but we are never robbed of the ability to make meaning out of life.

Let us celebrate our relationships, our friendships.

Let us celebrate those who have died, who have loved us, and whom we have loved. They continue to be present to us in our memories, in our values, in our meaning systems.

Let us celebrate our children and friends who are far away but joined with us in a communion of love.

Let us celebrate those who have moved out of our lives by distance, by different career paths, *continued on page 6*

The Circle of Life

Heather Legg

Survivor's Film Explores Mother's Suicide; Life Begins Anew with Baby

Dara Berger, 33, is a new

mother of beautiful baby Dylan. She is like any new mom—awe inspired by her remarkable infant, finding sleep when she can, and trying to establish a new routine and lifestyle. She is also now living a role that has been absent from her life for 20 years—that of a mother.

Berger's mother, Paula, died by suicide when Berger was 13 years old. She and her father found Paula after she hung herself in their family home. Berger knew that her mother had suffered from a mood disorder and, in the three weeks prior to taking her life, Paula had attempted suicide several times. That did not ease the shock or the pain of finding her mother and the aftermath of a suicide. Berger suffered from nightmares, mild depression, and weight loss.

Paula's suicide was not spoken

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How to Choose a Therapist *continued from page 3*

Selecting A Therapist

Too often people feel intimidated by professionals. Therefore, they are too uncomfortable to ask questions. You are entitled to ask as many questions as you need to determine if a particular therapist is right for you.

Some things for you to think about are:

Do you prefer a woman or a man?

Do you want someone who will sit back, listen, and be non-directive?

Do you want someone who will engage in discussions, give suggestions, and be more interactive and directive?

Do you intend to pursue therapy alone, with a spouse, life partner, or family members?

Will your religious beliefs/spirituality be part of the process?

If you are lesbian, gay, biattractual, or transgender, is it important that the therapist be LGBT or LGBT-friendly?

What To Ask A Therapist

A therapist should be willing to give a free initial telephone consultation so you can interview them and ask questions.

- Ask them their fee and if they have a sliding fee scale.
- Ask if they take insurance.
- Ask about their educational background, counseling experiences, and specialized training.
- Ask what kind of therapeutic techniques they might use so you have a better idea what to expect in therapy sessions. If they give you an answer that you don't understand, seek clarification as to what they mean.
- Ask how often you will be meeting.
- Ask how long the sessions are.
- Ask about their appointment cancellation policy.

Beware of therapists who state that they work with all issues and concerns. You will want someone who has experience and training in the areas that are specific to your concerns and presenting problems.

Contact And Interview Several Therapists

If you do not feel comfortable with him or her, then don't set up an appointment! Trust your feelings. You will find a therapist who is right for you. ♡

Reprinted with permission from www.therapy4you.com.

Different Types of Mental Health Professionals

Not all counselors are the same. There are many different avenues of training that one may take to become a helping professional. To begin with, there are psychiatrists, psychologists, and counselors with masters' degrees. All received similar types of training that can benefit you.

A psychiatrist is a medical doctor who specialized in psychiatry, the study and treatment of mental illness. The medical training allows this individual to prescribe medications. A psychologist earned a Ph.D. or Psy.D. after the completion of postgraduate work and the publication of a dissertation. A master's degree in psychology or social work is awarded for two years of training and education beyond a bachelor's degree. Licensed therapists with these degrees have had at least 3,000 hours of supervised clinical field work.

California requires an individual to hold a state license to operate a private counseling practice. Licensure means that a therapist or counselor has met certain minimum educational

and practicum standards set by the state and has demonstrated a certain level of competency in a number of areas. All licensed and registered therapists adhere to a code of ethics and are required to participate in continuing education opportunities, approved by the state, to maintain the license or registration.

These distinctions are often confusing for someone seeking help. The thing to remember is that a therapist should have some knowledge and skill, through experience and training, with your particular issue.

The total number of years of school or training should not be the only factor in deciding who you will see. Your particular problem may require the background of a master's level therapist but not the help of an M.D. It is important to visit with a new therapist to determine if you are comfortable with his or her past experience, ethics, training, and ability to help you. ♡

Reprinted from the Josephine County Mental Health Department's website.

SAS Annual Summer Potluck



Tim Alexander, Jeff Schachner, and David Davis



Anne Langdon, Rick and Maggie Mogil



Jamie Gutin blows bubbles for David Davis to catch.



Mary Halligan led the closing ceremony.



Josie Shahabi holds up her newly-published collection of poetry, *Poems from a Grieving Heart*, available online at www.trafford.com.



Tom Rankin and Lyn Morris



Mark Vierra



Nina Gutin, Marilyn Nabori, and Jamie Gutin.

HEALING PATHS exploring new directions

Healing Paths was the theme for this year's Summer Potluck. See Tom's column on page 2 for more details about the event.

Suicide in Film Workshop

Susan Celentano presented a workshop at last year's AAS conference that generated so much positive feedback, she has tailored the material for survivors.



Susan Celentano, LMFT

*"Films can provide an opportunity for insight, empathy and emotional catharsis. Realistic illustrations of grief have not been an uncommon theme in films, but only recently have filmmakers shown not only a deeper understanding of the issue of suicide and an appreciation of its complexity, but a willingness to examine the plight of the survivor."**

Originally created for therapists, this workshop will provide the survivor with tools for using films therapeutically.

* Reprinted from the Oct/Nov/Dec 2003 issue of *Survivors After Suicide*, a publication of Didi Hirsch Community Mental Health Center.

This workshop will help you use films to:

- broaden your understanding of issues
- clarify emotional conflicts
- identify strengths and adaptive responses
- illuminate different perspectives
- develop options for coping and living with unanswered questions and an ever-present absence

when: Saturday, September 24, 2005
from 9 a.m. – 1 p.m.

where: Didi Hirsch Community Mental Health Center
4760 S. Sepulveda Blvd., Conference Room C
Culver City, CA 90230

cost: \$50 (50% of the proceeds will be donated to Didi Hirsch's Survivors After Suicide program.)

rspv: by Wednesday, September 21st to Susan Celentano, (661) 260-3119

Contributions 5/1/05 - 7/31/05: A million thanks for your generosity!

IN LOVING MEMORY OF:

Chuck Anderson from Linda Anderson

Danny from Martha and Adolfo Soria

Fred Calhoun, Sr. and Fred Calhoun, Jr. from Jean Calhoun

Katrina Schibig from Marian Cormie, Rosie De Siato, Susan Demsey, Grace Earl, Mary C. Field, Carolyn and John Gibson, D.D.S., Amanda Lewis, Grethe Petersen, Mary Elizabeth Peterson, Anette and Laurence Schibig, Gertie and Allan Seymour, Lita and Mogens Sorensen, Nicolas Gennoai, Marie Catrina Tonini,

Margaret Wallace, Catherine and Robert Weaver, Florence and Sasha Karlik

Nancy Robin Gould from Doris and Roy Danchick

Noel and Mike from Emilia G. Parrish

Paul Greenberg from Betty and Alan Greenberg

Paul Woodrow from Trans-Pacific Media—Laurie Woodrow

Shari Potter from Chuck and Rissa Potter

Sheryll Ann Borgquist from Arthur Borgquist

Survivors After Suicide is privately funded by generous contributions from individual donors, proceeds from the Alive & Running for Suicide Prevention 5K/10K, and grants from private foundations and corporations such as Daniel Freeman Community Trust.

Book and Movie Recommendations

See the latest recommendations at www.suicidepreventioncenter.org. Click on "Lost A Loved One?" then "Recommended Resources."

Help SAS reduce postage—receive potluck invitations and other announcements via e-mail. Please send an e-mail with your full name and SAS Newsletter in the subject to jbaas@didihirsch.org

Calendar of Upcoming Events

SATURDAY, SEPTEMBER 24, 2005

Suicide in Film Workshop

At Didi Hirsch Community Mental Health Center. See page 5.

SUNDAY, OCTOBER 2, 2005

Alive & Running for Suicide Prevention 5K/10K

Didi Hirsch's 7th annual *Alive & Running for Suicide Prevention 5K/10K* will be held on Sunday, October 2 at Westchester Parkway near Los Angeles International Airport (at 88th St. and La Tijera Blvd.). More than 3,000 runners, walkers, spectators, and volunteers from all over Los Angeles will join together to raise awareness and funding for Didi Hirsch's suicide prevention services. Adults and children alike will enjoy our health and fitness expo, race day raffle and finish line festivities, all the while serving as ambassadors for suicide prevention. For more information, visit www.didihirsch.org.

FRIDAY, OCTOBER 7, 2005

Youth Suicide & The School Community: Prevention, Intervention and Postvention Issues

Escondido. Registration required. Contact Beth Sise at 619.260.7298 or e-mail sise.beth@scrippshealth.org.

FRIDAY, OCTOBER 21, 2005

NOPCAS (National Organization for People of Color Against Suicide) and NAMI of Atlanta, GA

Confirmation on the date and time will be announced shortly. See www.nopcas.com.

SATURDAY, NOVEMBER 19, 2005

7th Annual National Survivors of Suicide Day

At the UCLA Faculty Center. See www.afsp.org, or call 888.333.2377.

SUNDAY, NOVEMBER 20, 2005

Out of the Darkness Community Walk

In Santa Monica, walking through the 3rd Street Promenade and Palisades Park. Actress/author/survivor Mariette Hartley will be our host. See www.afspla.org and register under "Los Angeles, CA." No fee. Registration 7:45 a.m., start time 9:00 a.m.

SUNDAY, DECEMBER 11, 2005, AT 7PM

The Compassionate Friends Worldwide Candle Lighting

Light a candle for all children who have died. See www.compassionatefriends.com.

APRIL 28 - MAY 1, 2006

American Association of Suicidology 39th Annual Conference

Seattle, Washington
See www.suicidology.org.

Celebrate Our Grief from page 3

by divorce, or separation.

Let us celebrate that we are part of a larger whole, a providence, which gives us the grace to create meaning in our lives.

Mostly, let us celebrate the resilience of the human spirit and the ability we have to create meaning out of chaos. ♡
Reprinted from the Hospice of Santa Barbara website.

What I Want To Dream

I want to dream of you

I want to see your face

I want to hear your voice

I want to dream that you're still here

That things—are just the same

Just the way they used to be

I want to dream—that you never left

PLEASE—PLEASE

Let me dream of you

Let me feel, that

You're still here

PLEASE—PLEASE

I want to dream

I want to feel, that

You never left

And this dream—

I want it to last and last

So I can hold on to you

for as long as I can

Reprinted with permission from Josie Shahabi's new book of poetry, *Poems from a Grieving Heart*, available from www.trafford.com.



The Circle of Life *continued from page 4*

about; Berger's father, brother, neighbors, and friends seemed shut down. She felt as if her mother never existed. Only because of her weight loss was Berger urged to go to a therapist for an eating disorder. While attending therapy, she realized the amazing healing power of talking.

Suicide is one of the most complicated of all types of death, and many people are afraid to talk about it. Berger pointed out that people feel more comfortable discussing murder. As Berger continued her therapy, she saw more need to erase the stigma of suicide and encourage people to open up. She found that once people knew she, a survivor, was comfortable with it, they would talk for hours.

As an adult, Berger continued on her journey of healing and promoting awareness of suicide. In 2002, she produced and directed *A Secret Best Not Kept*, a film exploring the impact of suicide on a myriad of levels. Not only does Berger speak openly of her own personal loss in her film, but she also interviews people who attempted suicide and survived.

Berger hopes her film will bring awareness and will educate to the public about suicide. She began showing *A Secret Best Not Kept* within the survivor and prevention communities and hopes to soon have it available on a larger scale, to high schools and college campuses. Her intention is to get it out in the public eye as much as possible. She welcomes visitors to her website, www.sayitoutloud.com, where she maintains up-to-date information about her film, including screening and purchasing information.

Not only is Berger working hard to promote awareness, she also is fighting the stigma and secrecy of suicide. As cancer used to be the "c" word, "suicide" is often said in muffled tones. Berger, however, has made it a point always to be

She wounds we suffer from the suicide of a loved one will heal in time. It is the scarring that will affect us forever.

Without proper care, the scar can be a rough-edged, angry wheel on our lives. It will itch and nag and cause us tremendous pain. It will interfere with our social discourse, prevent us from savoring the highlights of our lives, and eventually turn us into morose, depressed shadows of who we were. It will turn our paths away from the light and drag us into the depths of darkness.

In a sense, it could turn us into our loved one.

If the wound is attended to, cleansed, sutured, and cared for, within time (which is relative to each person's path of healing), it will become a faded visage of the pain we suffer.

—RICK MOGIL

truthful about how her mother died. Openness and honesty are key ingredients in fighting the depression and suicide battles. The analogy of prejudice is one Berger used when discussing suicide. Children learn from their parents and pass that along to their children.

Another myth she works hard to dispel is that people who take their own lives do so for one specific reason—getting fired, a bad relationship, whatever is easy to blame. She found it is easier for most people to “compartmentalize” and blame one thing than to admit that a loved one had depression or another serious mental illness. Most often the explanation for suicide is a mixture of many issues, frequently a combination of external and internal factors. One of the attempters Berger interviewed in the film speaks of the “tunnel vision” she felt before trying suicide. Through interviewing people who tried to take their own lives, Berger presented a new understanding of the pain and uncontrollable feelings felt by people who both attempt and die by suicide.

While making the film, a multitude of emotions visited Berger. She felt the grief again in retelling her story so many times, but most importantly, she also felt the enormous gift of healing and peace. She had no idea of the gift that *A Secret Best Not Kept* would bring her.

“It was good for me on a personal level, and very healing to talk to others,” she said of making the film. She used the word “uplifting” to describe her film, though it is hard at first to imagine because of the subject matter. Yet a light exists at the end of the tunnel; hope and healing are there, waiting to be found. ✦

Reprinted with permission from *Surviving Suicide*, a quarterly newsletter of The American Association of Suicidology, Winter 2004. www.suicidology.org.

Other Cultures, Other Times

► **Ixtab: Mayan Goddess of Suicide**

In Mayan tradition, suicide, especially suicide by hanging, was considered an honorable way to die, comparable to the human victims of the sacrificial rite and slain warriors. Ixtab, depicted as a corpse with a rope around her neck, would accompany the suicides to their eternal rest. Reprinted from www.wikipedia.org.

► **St. Pelagia: Patron Saint of Suicidology?**

“Fifteen-year-old Pelagia, fearing for the loss of her chastity...jumped from a roof to escape a Roman soldier and was canonized for her suicide.”

Colt, George Howe. *The Enigma of Suicide*. Scribner, 1992, p. 156. (Patron Saint idea: Shneidman, Edwin S. *Autopsy of a Suicidal Mind*, Oxford University Press, 2004, p. 3.)

REPRINT POLICY

You are welcome to reprint material from our newsletter if you are a nonprofit support organization that produces periodicals. We do require the item include the author's name and title and the following:

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Also include the issue date and year the article appeared. Kindly send us a copy of any reprints for our authors to the attention of Deborah Pikul, Editor. Thank you.

SAS Monthly Meetings

Everyone who has completed an eight-week Survivors After Suicide Support Group is invited to attend monthly meetings at any of the locations listed below. There is no charge.

SAN FERNANDO VALLEY

Sherman Oaks Hospital, 4929 Van Nuys Blvd., Sherman Oaks. Meetings are held in the doctor's dining room on the 1st floor.

2nd Saturday 11:30 am – 1:00 pm.

Meeting dates: **Oct 8 Nov 12 Dec 3* Jan 14**

**Please note the schedule change—this is the first Sat.*

SOUTH BAY

Little Company of Mary Hospital, Center for Health Education Building, Earl Street, Torrance. Please check the bulletin board inside door for meeting room. **3rd Monday 7:30 – 9:00 pm.**

Meeting dates: **Oct 17 Nov 21 Dec 19 Jan 16**

WEST LA

Didi Hirsch Culver-Palms Center, 11133 Washington Blvd., Culver City, 1 block east of Sepulveda on the north side of the street.

3rd Wednesday 7:00 – 8:30 pm.

Meeting dates: **Oct 19 Nov 16 Dec 21 Jan 18**

View this newsletter online at www.suicidepreventioncenter.org.
Click on *Lost a Loved One?*

SURVIVORS AFTER SUICIDE NEWSLETTER

A quarterly publication of Survivors After Suicide (a support group for those who have lost a loved one to suicide), a program of **Didi Hirsch Community Mental Health Center** 4760 S. Sepulveda Blvd. Culver City, CA 90230 (310) 751-5324

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