

# Survivors After Suicide

YOUR PATH TOWARD HEALING

A Program of Didi Hirsch Mental Health Services • October/November/December 2008 • Volume 21, No. 4 • Published Quarterly

## Reaching Out

By Rick Mogil, SAS Coordinator

Our SRT (Suicide Response Team) members are compassionate, courageous, and dedicated people. They go out on a moment's notice to the scene of a suicide to give new survivors an empathetic shoulder to cry on; to make calls to family, if asked; to bring water, clothing or blankets from the home; and sometimes just to hold their hands in their maelstrom of grief.

There are many stories of SRT members making connections with survivors and following up on their progress. This last quarter, one in particular stands out.

Stan Lelewer, Board Chair for Didi Hirsch Mental Health Services and SRT member, went out on a call recently to provide support for the family of a young man who died by suicide. He spoke to the father and the sister at the scene and in typical Stan fashion, took them under his wing. He called me, even before he completed his debriefing report, to make certain I would call the father within the next couple of days.

I spoke with the father and gave him additional resources and referrals for him, his daughter and grandchildren. The next thing I know, Stan is calling me to say he has been talking to the family and they wanted to participate in the Alive & Running event.

Wait - it gets better! He offered to take them in for the weekend so they would not have to drive a long distance the morning of the race. The daughter and grandchildren arrived Saturday mid-day at Stan's home, and they all participated in the event the next day.

I know that some would say this was too much, too soon, but it is really up to the individual to decide. I spoke to the daughter after the race and she said she was comforted by knowing they were not alone; that there was help for them in the healing process and hope for their survival.

Thank you Stan for being who you are, and thank you to all of the SRT members, whether you have gone out on a call or are still waiting for your first. Just knowing you are there to bring support to survivors is comforting.

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## Spreading the Word: Outreach Events

Our outreach program is dedicated to helping erase the stigma of suicide and to promoting suicide prevention through presentations, lectures and participation in community events.

In the past quarter, we have given suicide prevention presentations to nearly 800 people in a variety of locations. Outreach activities included: Children's Hospital Los Angeles, Community Help Line (staffed by teens for teens), City of Inglewood, Chrysalis, Department of Mental Health - Foster Care and the Occupational Therapy Training Program.

Previous locations have included: Kaiser Permanente, Camino Nuevo High School, Los Angeles Valley College, La Verne College, Torrance Memorial Hospital and the Center for Pacific Asian Families.

## Save the Date!

**December 13, 2008**  
SAS WINTER POTLUCK  
"Unexpected Gift:  
In Memory of Loved Ones"

**April 18, 2009**  
21ST ANNUAL HEALING AFTER  
SUICIDE CONFERENCE  
"Paths that Lead to Healing"

*See Calendar of Events on page 2*

*Survivors After Suicide (SAS) helps people resolve their grief and pain in their own personal way, and helps them move forward in their lives, positively and productively.*



Rick Mogil

## “Giving”

By Rick Mogil, SAS Coordinator

“Give until it hurts.”

“It is better to give than to receive.”

“The gift of giving...”

“Give a hoot, don’t pollute.”

All of these statements tell us to give, be charitable (well, maybe not the last one). Is this what the holiday season is all about?

Some would argue it *is* about giving: giving thanks for our bounty; giving gifts to family, friends and co-workers; giving to our communities, churches, synagogues, mosques, temples and such (Halloween might be the exception, as it is about taking and filling that bag with candy. I get the Tootsie Rolls. Maggie gets the Snickers). All of this giving implies something being handed over to another, usually a gift (money, doodads or gift cards).

So, where is the gift I really want? Who is going to give my brother Ed back to me?

It has been said that our loved ones have given us a gift (providing we have accepted the fact of their suicide) through their death. I think it’s more like a kick in the...rear.

If his illness and suicide have taught me nothing else, it is that life is precious. It’s the only one we get, so use it wisely. Ed’s suicide certainly has made me get off my...rear, and do something with my life. He is not standing on the corner giving any gifts out. But, I certainly can in his memory. So, I am doing the giving - giving support, empathy and maybe even hope to other survivors.

I will also be giving something a little more tangible at our Winter Potluck: donating clothing to Didi Hirsch Mental Health Services’ Clubhouse (more about the Clubhouse in the Potluck column). Join me, if you can, on December 13. Bring clothing to donate. If you are unable to attend, send or drop off a donation at Didi Hirsch Mental Health Services, Attn: Rick Mogil, 4760 S. Sepulveda, Culver City, CA 90230.

Peace and love,  
Rick

## Calendar of Events

### Survivors’ Day

November 22, 2008

Mount Saint Mary’s College, Los Angeles

For more information, visit [www.afsp.org](http://www.afsp.org)

### SAS Winter Potluck

#### Unexpected Gift In Memory of Our Loved Ones

December 13, 2008, 6 p.m.

Didi Hirsch Mental Health Services

For more information contact Patricia Serrano

(310) 895-2304 or [pserrano@didihirsch.org](mailto:pserrano@didihirsch.org)

### American Association of Suicology and SPAN USA

#### 21st Annual Healing After Suicide Conference

#### Paths that Lead to Healing

April 18, 2009

Westin St. Francis Hotel, San Francisco

For more information, [www.suicology.org](http://www.suicology.org)

## Forever and Always

In Loving Memory of Christopher D. Pikul

10/24/75 to 8/21/98

It broke our hearts to lose you  
But you did not go alone  
Part of us went with you  
The day God called you home  
A million times we’ve thought of you  
A million times we’ve cried  
If loving could have saved you  
You would have never died  
Forgive us Lord, we’ll always weep  
For the friend we loved but could not keep

Forever and Always Missed

Leah and Jamie

## Volunteer Highlight

One of the hardest things our volunteers do is answer a Suicide Response Team call. How do they separate themselves from the cascade of emotions the scene and other survivors elicit? How can they even drive to a scene knowing it may be something they have witnessed, or imagined, as their loved one's suicide?

Paul Rosenberg, one of the original SRT members, said it best. "You just go there and put your stuff on hold or aside. There are people who need your help. You give it to them and work on your stuff later."

Thank you to the following volunteers who have participated in recent SRT calls: Ester Bryant, Amy Chaiclin, David Davis, Mary Halligan, Stan Lelewer and Celia Pool. If you are interested in finding out more about the Suicide Response Team, please contact Rick Mogil at [rmogil@didihirsch.org](mailto:rmogil@didihirsch.org) or (310) 895-2326.

### *Winter Potluck: An Unexpected Gift In Memory of Our Loved Ones*

The holidays are a time of giving, sharing, loving and remembering. For survivors it is also a time of trying to fill the emptiness and mending our hearts. Some will look for the gift in their loss, the meaning to be found in their loved one's death. Others will retreat behind the tragedy and not look out. And then, there are those who will say "our loved one's death is not a gift but what we do with our lives can be an unexpected one for others."

Please join us in providing an unexpected gift by donating clothing to Didi Hirsch Mental Health Services' Adult Clubhouse. The Clubhouse provides support, social opportunities, skill-building activities and community reintegration for adults with chronic mental illness. They need clothing suitable for job interviews and basic winter wear for homeless members in larger men's sizes and all women's sizes. Please bring clothing to donate in your loved one's memory.

If you wish to share an unexpected gift you have received or given, contact Patricia Serrano (information below).

**SATURDAY, DECEMBER 13, 2008  
6 P.M. TO 8 P.M.**

at

**Didi Hirsch Mental Health Services  
4760 South Sepulveda Boulevard  
Culver City, CA 90230**

Please bring your favorite main course, salad or dessert  
(enough to serve 6 people)

To R.S.V.P., contact Patricia Serrano by phone at (310) 895-2304 or by email at [pserrano@didihirsch.org](mailto:pserrano@didihirsch.org).

All survivors, their family and friends are welcome.

### *How To Volunteer*

We always need people to share their energy and talents!

- Volunteers for SAS may co-facilitate support groups, offer telephone support counseling, help with filing, plan events, etc. Call Rick Mogil at (310) 895-2326.
- Volunteering as a counselor for the Suicide Prevention Center's Crisis Line involves seven Saturdays of training and a minimum commitment of one year (one weekly four-hour shift). Call Dave Smith at (310) 895-2325.

### *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 Avenue, Torrance, CA 90503  
or call Mary at (310) 316-4392 for information

# Contributions

July 1, 2008 to September 30, 2008

A million thanks for your generosity!

## IN MEMORY OF

**Charlie's brother**, from Kita and Peter Curry, and Joanne Uy  
**Susie**, from Harvey Shore  
**Emily Arine**, from Megan Reeves  
**Adam Baldarrama**, from Jennifer and Bruce King, Debra Ramsey, and Barbara Burgat  
**Sammy Bloom**, from Lois and Sam Bloom  
**Tom Brockish**, from Milissa Brockish and Margie Padron  
**Erik Brown**, from Debra Kahlie  
**Jennifer Ann Brown**, from Nina and James Brown  
**Clare Ann Christian**, from Ann-Marie Christian  
**Laura R. Cole**, from Barbara and Melvin Cole  
**Alfred Conrad**, from Jacob F. Conrad and Anne Reddington Conrad  
**Ben Davis**, from Carol and Bob Brockish  
**Pearl Farberow**, from Kita and Peter Curry, Eleanor Schiffer, and Barbara and Sanford Robbins  
**Julia Ellen Fisher**, from Burt Fisher  
**Matthew Wayne Fleming**, from Brandon Crowder, Cyndi Fleming-Smith, Mark MacFarlane, and Deborah VanWormer  
**Felix Friedman**, from Raul Martinez  
**Jeff Gutin**, from Nina Gutin, Ph.D.  
**Charles Harrison**, from Kelly Rockwell  
**Christopher Frank Haskell**, from Jennifer Moeller  
**Hugh Hecker**, from Steve Hornstein and Jim Hecker  
**Preston Iverson**, from Marilyn and Bob Iverson  
**Marty Jacone**, from Vera Jashni, Ed.D.  
**Penrhyn Jorgensen**, from Stacy Jorgensen  
**Jodi Ann Kightlinger (Stilwell)**, from Marilyn and Ron Stilwell  
**Warren Douglas Kolodny**, from Cynthia Kolodny  
**Stephen Le Roy**, from Gloria Le Roy  
**Stephen Lelewer**, from Mary and Stanley D. Lelewer

**Daniel Lichstein**, from Carolyn De Mers, and Richard and Jennifer Geller  
**Johnny Lynch**, from Michael Lynch  
**Alexander T. Mendel**, from Anna Filatov  
**Michael Moffit**, from Lori and Gregory Robinson  
**Marc H. Millstein**, from Eric Millstein, M.D.  
**Ed Mogil**, from Rick and Maggie Mogil, and Beverly and Leonard Rosen  
**Brian Nahmoulis**, from Helen and Gregory Koudanis  
**Catherine Aiko Nobori**, from Jean Lauricella, Marilyn and Alan Nobori, Candice Saito, and Carole Zaima  
**Robert O'Donnell**, from Kerry O'Donnell  
**Janet Peterson**, from Lisa and Roger Peterson  
**Janie Gage Phear**, from Nancy Phear  
**Tony Pierson**, from Natasha Pierson  
**John Gregory Price**, from Gloria Price  
**Wes Robinson**, from Lori and Greg Robinson  
**Andrew Rognlien**, from Marleen Rognlien  
**Douglas Roman Segura**, from Tamar Igoyan  
**Dr. Ronald M. Shippel**, from Judy M. Shippel  
**Ophir Shur**, from Nitza Niggeman  
**Yoly Sosa**, from Yvette King  
**Nick Spencer**, from Suzanne Noruschat  
**Douglas (Dougie) Sweet**, from Joan and Doug Carter  
**Robert "Bobby" Tevis**, from Kim Tevis  
**Wai e Tong**, from Serena Chen  
**Eduardo Villaneda**, from Marisela Brakebill

## IN HONOR OF

**Vanessa Holder**, from Diana Seino  
**Ava Rose**, from Marilyn Sayegh

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## SUBMIT ARTICLES TO THE NEWSLETTER

Each of us have moments of insight, clarity of events, outbursts of emotion, obstacles faced, milestones passed, etc. Sharing these moments can help us and others continue to process our grief and to hold on to hope. Sharing them helps connect us and build community. We invite you to submit your moments to the SAS Newsletter by sending them to Marilyn Nobori at [SASNews@sbcglobal.net](mailto:SASNews@sbcglobal.net).



## Alive & Running Suicide Prevention 5K Walk/Run

More than 4,000 people came out to support Didi Hirsch Mental Health Services' *Alive & Running Suicide Prevention 5K Walk/Run* on Sunday, September 28, 2008. They came to walk, run, volunteer and, most importantly, raise awareness about suicide prevention.

*Alive & Running* brought together people from all walks of life - from young children and expert runners, to entire families and volunteers from across Los Angeles. Participants also included runners from Students Run Los Angeles (SRLA), an after-school intervention program, which joined our race for the third year. SRLA provides training and mentoring to prepare thousands of middle and high schoolers to complete the Los Angeles Marathon.

The event called much-needed attention to the devastating impact of suicide in our community.

"Each year, more people die by suicide than by AIDS in the U.S.," said Didi Hirsch President/CEO Kita Curry, Ph.D. "Yet few people are aware of this and even fewer know that free crisis ser-

VICES are available." Didi Hirsch's Suicide Prevention Center operates Los Angeles County's only 24-hour suicide prevention crisis line for people of all ages at risk of suicide.

For many on hand during race morning, it was a day to honor and remember loved ones lost to suicide. Survivors memorialized their loved ones through banners, which displayed both their names and their photographs. Many also wore unique shirts and bibs and shared personal stories to encourage those at risk and survivors to get the help they need.

In addition to raising awareness, the annual Walk/Run also raised crucial funds in support Didi Hirsch's suicide prevention programs. Participants asked friends and family to sponsor them. In fact, as many as 23 teams of walkers and runners asked their friends, family, and co-workers to sponsor their participation. The race also welcomed a new group of supporters - members of Didi Hirsch's psychosocial Clubhouse. The Clubhouse team had nearly two dozen members who, together, raised more than \$1,200.

Also, several local corporate partners generously contributed as event sponsors. As a result of their generosity, we will be able to provide critical care on our 24-hour crisis line, support for those who have a lost a loved one to suicide, and suicide prevention outreach in our community.

Didi Hirsch Mental Health Services thanks the following sponsors for their support: Beacon Capital Partners, Macquarie Group Foundation, Todd Rubin, Sallye and John Clair, Phyllis and Sam Feder, Janine and Henry Lichstein, Means-Knaus Partners, Cheri Yousem, and several generous anonymous donors.

We also want to thank our product sponsors: Don Francisco Coffee, Larabar, Ralphs/Food 4 Less Foundation, Runner's World Magazine, and Sparkletts Water.

Thank you also to our wonderful volunteers and runners, especially race committee chair Andrew Rubin and the race committee, who helped make this year's race such a success.

## SAS Volunteer Chosen as ACHSA Finalist

On October 16, ACHSA (Association of Community Human Service Agencies) held a luncheon to honor the four finalists in their annual recognition of Community Partners. The nominees were selected from 75 agencies and had to have "overcome significant obstacles, made noteworthy accomplishments and advocacy efforts."

We are pleased to announce that Ester Bryant was selected as one of the finalists.

Ester has been a volunteer for SAS more than 8 years. She was honored not only for her efforts to help other survivors through group co-facilitating, and participation in our outreach and Suicide Response Team programs, but

also for her advocacy for erasing the stigma of mental illness and suicide within the Latino community. She has been honored by the Los Angeles County Board of Supervisors for advocating for a county wide "Suicide Prevention Week" and for her volunteer work at Didi Hirsch Mental Health Services. Ester has testified before the California Legislature to establish the Office of Suicide Prevention, and is on the board of SPAN California (Suicide Prevention and Advocacy Network).

We are honored to have Ester Bryant as a vital member of our SAS team.

# Unexpected Gifts

By Marilyn Nobori

The theme of the Winter Potluck is “Unexpected Gifts”. In Iris Bolton’s book *My Son, My Son* (Bolton Press Atlanta, 2001) she describes a friend telling her there was a gift in her son’s death that was “real and precious and you can find it if you choose.” The friend went on to say “This gift will not jump out at you or thrust itself into your life....You must search for it. As time passes, you will be amazed at unanticipated opportunities for helping yourself and others that will come your way...”

Six years ago when I came home to find my only child, my 14-year-old daughter, Catherine Aiko Nobori, had committed suicide, I did not expect to find any gifts. Many of you have walked in grief you know the emptiness of “What do I do now? - the waiting for death to claim me because there could never be joy again. In my case, I was fractured. I described it as being split in two—one life talking to people, making arrangements no matter how slowly or disjointed. The other life was pure pain, sorrow and despair. I bounced back and forth between these lives at the sound of a song or a flash of a memory. There was a hole in my heart that would never heal.

## TRIALS OR GIFTS

Looking back over the six years since Aiko’s death, I realize there were many gifts put in my path. Of course I had to choose to see and accept the gifts, but they were there, even if I did not recognize them until months or years later. In fact they often felt like trials.

☘ **Gift of openness:** My husband is an extremely private person, but in those first days, he had the wisdom to say, “There is no shame in how Aiko died.” So, from the beginning, we choose to be open about her suicide. It was a hard gift because inevitably the “why” question would be raised. There was no satisfying answer even though she had left a manuscript and letter. As people asked this question, I was prompted to search for an answer. I eventually realized I wasn’t asking why, but I wanted a different timeline. With that realization I began to make peace with the reality of her death.

☘ **Gift of presence:** From the moment I found my daughter, family and friends have been there. They gave me the gift of “presence,” at the beginning, just sitting with me in silence, and later probing beyond the “I’m fine” response. They insisted that I be honest about how I was doing. So I began to respond with “Today’s hard,” “Right now I’m okay,” or “I miss her.” They brought meals and companionship, gave me the number to SAS and books. Most of all, they helped me be comfortable with the tears when and wherever they came—in the middle of a hymn at worship or the middle of a sentence.

☘ **Gift of community:** Our church community is very supportive—insulating us from the stigma of suicide, walking with us, embracing the tears, sharing memories and their sense of loss openly long after the memorial service. As a community we explored this unknown called suicide as we heard speakers from SPC’s outreach. However, there were too many memories and with it

pain. The sense of loss when Aiko’s classmates graduated high school and went off to college was overwhelming. The instinct is to run away and avoid the pain, but this community relationship goes back four generations and holds me fast. It is a nurturing community that allows me space to grieve and memorialize my daughter. Every year, they are the foundation for Aiko’s team at *Alive & Running*.

☘ **Gift of humility:** I found several support groups, but the Mothers’ Group was a place that changed my guilt into regret. Because of the pain, I often did not want to go. As I sat with the guilt of “if only”—if only I knew about the warning signs of suicide, if only I got her into therapy or on medication, if only I listened to my instincts instead of whoever. I listened to their stories. They had done everything I felt could have saved my daughter (all the if onlys) and their stories still included a suicide. They felt as guilty as I did. Slowly, I began to forgive myself and others for being human. We act based on what we know at the time. That is the best we can do. We often feel like we should be able to know and control everything, but we can’t. With this gift of humility, forgiveness is possible.

☘ **Gift of hope:** Each moment was “one foot in front of the other.” This was not “moving on”—it was simply steps without direction. Sometimes I’d sit in front of the computer, not sure what I was doing. Did I just finish or was I about to start something? Which way was forward? I could not think beyond the moment, could not imagine an hour from now let alone this afternoon, tomorrow or next week. Somewhere in the foundation of my soul was a little light that offered hope, so I trusted that if I continued to step, I would journey somewhere.

☘ **Gift of life and laughter:** Three days after my daughter died, my husband opened the front door and in walked a small stray dog. We were not in any shape to take care of anyone or anything. But she stayed. At a time when we did not want to get out of bed, let alone go on living, this little dog would jump on the bed and poke us with her nose “get up I’ve gotta go outside.” Once outside at 5 a.m., I’d look at the crisp clear sky and twinkling stars and even though I wanted the world to just stop, I marveled at its beauty. This dog would make eye contact and made every attempt to engage us. She reminded us that we had life, and she made us laugh!

## GIVING GIFTS

Somewhere along the way my grief journey has become my life journey. My loss has changed my story; it has been integrated into my life fabric. I offer these gifts given to me to others by facilitating in several bereavement programs, editing several bereavement/survivor newsletters, and each year organizing Aiko’s Team for *Alive & Running*. Every day I miss my daughter. The hole in my heart is still there, but hope, love, joy has surrounded it and helped incorporate it into my story.

I hope you find the gifts that have been left for you on your journey and give those gifts to others in memory of your loved ones.

# *The Griever's Holiday Bill of Rights*

(This article written by Bruce H. Conley, 1992, was submitted at the Winter Potluck 2007)

1. You have the right to say "TIME OUT!" anytime you need to. Time to let up, blow a little steam, step away from the holidays. Have a "huddle" and start over.
2. You have a right to TELL IT LIKE IT IS when people ask, "How are you?" You have the right to tell them how you really feel, not just what they want to hear. And, you also have the right to smile and say you're fine, because telling some people how you really feel might not be worth your time and energy – some might never understand anyway.
3. You have the right to SOME 'BAH HUMBUG' DAYS. You don't have to be "Jolly Old St. Nicholas" all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.
4. You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always do your holiday the same way you always did. You can send 10 cards instead of 100—or no cards at all! You can open presents at somebody else's house. You can do without a tree. You can have pizza instead of turkey! The list is endless.
5. You have the right to BE WHERE YOU WANT TO BE. Be at home or at the relatives'. Be in any city, any state you choose! There's no law that says you must stay home!
6. You have the right to HAVE SOME FUN! When you have a day that isn't so bad and you feel like doing something just for fun, then do it! Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears!
7. You have a right to CHANGE DIRECTION IN MID-STREAM. Holiday grief is unpredictable. You may be all ready to go somewhere or do something and suddenly be overwhelmed. When that happens, it's okay to change your mind. There's plenty of time in life to be predictable; exercise your right to change when you need to.
8. You have the right to DO THINGS AT DIFFERENT TIMES. Go to church at a different time. Open presents at a different time. Serve your meal at a different time. Give up and go to bed at a different time! Don't be a slave to the holiday clock.
9. You have a right to REST, PEACE and SOLITUDE. You don't need to be busy all the time. Take a nap, whenever you need one. Take time to pray and to meditate, to recharge your spirit; it may do you much more good than eating another huge meal!
10. You have the right TO DO IT ALL DIFFERENT AGAIN NEXT YEAR. Just because you change things and do some thing different, does not mean you've written it in stone. Next year you can change it back or do it another new way.

## *Resources for Survivors and Suicide Prevention*

### HELP LINES

#### **Didi Hirsch Mental Health Services's Suicide Prevention Crisis Line**

Los Angeles and Orange Counties:  
(877) 7-CRISIS or (877) 727-4747

#### **National Suicide Prevention Lifeline:**

(800) 273-TALK or (800) 273-8255

**TEEN LINE:** Suicide hotline for teens, staffed by trained teens  
6-10 p.m.

(800) TLC-TEEN

**Trevor Helpline:** Suicide hotline for gay, lesbian, bisexual,  
transgender or questioning youth

(800) 850-8078

### RESOURCES

For full resource list go to [www.didihirsch.org](http://www.didihirsch.org)

#### **American Association of Suiciology (AAS)**

(202) 237-2280

#### **American Foundation for Suicide Prevention (AFSP)**

(888) 333-2280

[www.afsp](http://www.afsp)

**Didi Hirsch Mental Health Services:** Nine sites throughout Los Angeles provide mental health care for those with severe mental illness and little money

(310) 390-6612

[www.didihirsch.org](http://www.didihirsch.org)

For survivors, click "Suicide Prevention Center" then click on the Survivors After Suicide program page for the link to all Didi Hirsch publications; current and past issues of the SAS newsletter are available as pdf's through this site. There is also additional information about SAS.

#### **Suicide Prevention Resource Center**

(877) GET-SPRC (438-7772)

[www.sprc.org](http://www.sprc.org)

[www.sprc.org/thespark](http://www.sprc.org/thespark) to receive the Suicide Prevention Resource Center's online newsletter.

# SAS Group Meetings

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

## MONTHLY DROP-IN GROUPS

San Gabriel Valley: San Marino United Church of Christ, 2560 Huntington Dr., San Marino. Meetings are held in the Choir Room the last Wednesday of each month from 7:00 to 8:30 p.m. *Meeting dates: Jan. 28.*

San Fernando Valley: Sherman Oaks Hospital, 4929 Van Nuys Blvd., Sherman Oaks. Meeting are in the Doctor's Dining Room on the second Saturday of each month from 11:30 a.m. to 1:00 p.m. *Meeting dates: Dec. 13, Jan. 10.*

South Bay: Little Company of Mary Hospital, 4101 Torrance Blvd., Torrance, in the Center for Health Education Bldg. (located behind the hospital). Meets on the third Monday of each month from 7:30 to 9:00 p.m. *Meeting dates: To be announced.*

West LA: Didi Hirsch Culver-Palms Center, 11133 Washington Blvd., Culver City. Meets on the third Wednesday of each month from 7:00 to 8:30 p.m. *Meeting dates: Dec. 17, Jan. 21.*

## EIGHT-WEEK GROUPS

In 2009, our eight-week support groups for those who have lost loved ones to suicide will take place on the following schedule:

Group 1: Begins January.

Groups meet once a week for an hour and a half for eight consecutive weeks, with locations in Sherman Oaks, Culver City, Redondo Beach, San Gabriel and Montrose. To be placed into a group, please call Rick Mogil at (310) 895-2326.

*Didi Hirsch Mental Health Services*  
4760 South Sepulveda Boulevard  
Culver City, California 90230

## SURVIVORS AFTER SUICIDE NEWSLETTER

A quarterly publication of Survivors After Suicide (providing support groups for those who have lost a loved one to suicide), a program of Didi Hirsch Mental Health Services.

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Crisis Line Number: (877) 7-CRISIS (Toll-free in LA and Orange Counties).

Editor: Marilyn Nobori | SASNews@sbcglobal.net

Editorial Board: Lois Bloom; Samuel C. Bloom; Norman Farberow, Ph.D.; Rick Mogil; Lyn Morris, LMFT

Designer: Joanne Uy

Special thanks to Didi Hirsch's Development Department.

## 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 to 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 a copy of any reprints for our authors to Editor Marilyn Nobori at her e-mail address above.

Thank you.

View this newsletter online at [www.suicidepreventioncenter.org](http://www.suicidepreventioncenter.org).  
Click on "Lost a Loved One?" then "Newsletters" for pdf files

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