



“Suicide”

You hear that word
spoken of a friend or
loved one and, now...

***You feel as if you
just want to die!***

 spsamerica.org

SOS IS A SAFE PLACE

Survivors need a safe place to explore their feelings of grief and anger, to raise questions and doubts.

There is no timetable for grief. Some survivors have attended an SOS meeting the day of the funeral. Others have come a few months after or, in some cases, years later.

We will welcome you at any time. We are here when you are ready for us, and for as long as you need us.

- ▶ We will listen to you.
- ▶ We will share with you.
- ▶ We care about living, about loving.
- ▶ We care about you.

SOS IS DIFFERENT

Because surviving a death by suicide of a loved one, a family member or a friend is different from a terminal illness, accidental causes, homicide, sudden illness, or natural causes. **Why is this so?**

- ▶ We may have deep feelings of abandonment or guilt.
- ▶ We may have intense anger, and intense sadness.
- ▶ We may feel shame or embarrassment.
- ▶ We feel pain, we ache: we are grieving.
- ▶ We grieve not only for the person who died by suicide, we grieve for us, the survivors.

SOS can help you through your grief, your ache, your struggle to wholeness.

Survivors of Suicide is a support group open to anyone who has experienced the loss of a relative, friend or acquaintance through suicide. **We share the common trauma.**

“Suicide”

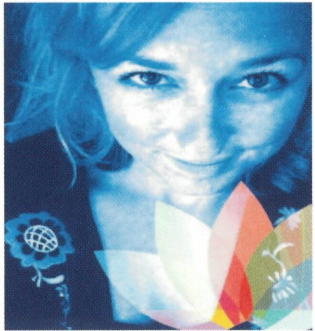
You hear that word spoken
of a friend or loved one
and, now...

***You feel as if you
just want to die!***

Can someone
help her?

Can someone
help him?

Can someone
help me?



Is there somewhere I can go, for my
fears, my anger, and my
frustrations?

Survivors of Suicide is a support
group open to anyone who has
experienced the loss of a relative or
a friend through suicide.

**We will share the
common trauma.**

You are not alone.

The American Association of Suicidology estimates that each suicide intimately affects at least six other people. Based on the 787,761 suicides from 1985 through 2009, there are an estimated 4.73 million survivors of suicide in the U.S.

SOS can help you through your grief, your ache, your struggle to wholeness.

Survivors Of Suicide (SOS) started in October 1982, after the conclusion of the Fox River Valley Conference on Suicide held at Aurora College in Aurora, Illinois. Eight people were in attendance at the first SOS meeting.

Today, people continue to join us for our monthly meetings, and the mailing list for the SOS newsletter, *mayday*, continues to grow. Learn more and download the newsletter at spsamerica.org/survivors.

Support Groups

Aurora, Illinois

The Aurora SOS support group meets the third Monday of every month from 7:00 to 9:00 p.m. at:

Advent Christian Church
905 N. Edgelawn
Aurora, Illinois

Sandwich, Illinois

The Sandwich SOS support group meets the first Monday of every month from 7:00 to 9:00 p.m. at:

Salem Lutheran Church
1022 N. Main Street
Sandwich, Illinois

SOS is not church affiliated.

For more information, call (630) 482-9699
or email stephanie@spsamerica.org.

AFTER A SUICIDE

You can expect to be in shock at first. You may feel emotional numbness that is frightening to you. You may struggle to believe and to disbelieve that this could happen to you. It has happened.

It is real. Recognize that a loss has occurred. Keep in mind, at the beginning, there is an end . . . You will heal. Somehow the camaraderie of mutual suffering eases the pain. You have comrades. You are strong enough. **You will survive.**

— Adapted from *How to Survive the Loss of a Love*,
by Colgrove, Bloomfield and McWilliams.

HELP IS HERE!



528 South Batavia Avenue
Batavia, Illinois 60510

☎ 630.482.9699

✉ info@spsamerica.org

🌐 www.spsamerica.org

