

BEYOND SURVIVING

1. Know you can survive. You may not think so, but you can.
2. Struggle with why it happened until you no longer need to know why, or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy. You are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one day at a time.
9. Find a good listener with whom you can share.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. Don't panic if emotions return like a tidal wave. You may only be experience a remnant of grief.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and others.
18. Set you own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as Compassionate Friends or Survivors of Suicide Groups. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It's common to experience physical reactions to your grief, i.e.....headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Know that you will never be the same again, but you can survive and go beyond just surviving.

From *My Son...My Son...A Guide to Healing After Death, Loss or Suicide*. By Iris Bolton
(Bolton Press, 1325 Belmore Way NE, Atlanta, GA 30350)
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RESOURCES FOR SURVIVORS

The following are State/National websites for survivors of suicide or have sections dedicated to survivors.

Crisis Resources:

- Georgia Crisis & Access Line, www.mygcal.com 1-800-715-4225

State Resources:

- Georgia's Suicide Prevention Information Network, www.gspin.org (click on Survivors)
- Department of Behavioral Health & Developmental Disabilities, Suicide Prevention Program, <http://dbhdd.georgia.gov/> (click on Services, then Suicide Prevention)
- Suicide Prevention Action Network, Georgia, www.span-ga.org
- The Link Counseling and National Resource Center for Suicide Prevention, www.thelink.org
- American Foundation for Suicide Prevention, Metro Atlanta, www.afsp.org (click Chapter, then choose Georgia)

National Resources:

- American Association of Suicidology, www.suicidology.org (click on Survivors)
- American Foundation for Suicide Prevention, www.afsp.org (click Surviving Suicide Loss)
- Suicide Awareness Voices of Education, www.save.org/ (click on Coping with Loss)
- Survivors of Suicide, www.survivorsofsuicide.com
- The Dougy Foundation, the National Center for Grieving Children and Families, www.dougy.org

Go to www.GSPIN.org to find a comprehensive list of resources, links, suggested reading, and other resources for survivors of suicide.



The development and distribution of SOS packets have been made possible by a grant from Georgia's Department of Behavioral Health & Developmental Disabilities, Suicide Prevention Program through SPAN-GA, the Suicide Prevention Action Network, Georgia.

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