



Dear Friend,

I want to extend sincere condolences to you on your loss of a loved one to suicide. The death of someone close brings such sorrow – but a death from suicide is especially anquishing and traumatic. This unexpected loss can throw a person’s world into chaos and bring up feelings not typically experienced with other deaths.

As hard as it is, please know that you are not alone. Family members and friends who have lost someone dear to suicide are known as survivors of suicide. It is estimated that over 4.5 million people became survivors of suicide in the last 25 years in the United States. Some survivors have shared their journey of grief and healing so that newly bereaved families and friends of a loss by suicide would have resources that were not available when they experienced their own loss. You will find some of those resources in this packet and others on GSPIN at www.gspin.org.

Georgia’s Department of Behavioral Health and Developmental Disabilities has made it possible for us to assemble resource and information packets, and distribute them to suicide survivors throughout Georgia so that we can get helping resources in your hands as quickly as possible.

Knowing that everyone grieves differently, I hope that you will look at these materials when you feel ready, and find some support. Take the time you need, don’t be afraid to ask for help and take care of yourself as you grieve.

Sincerely,

Sheri

Sheri McGuinness
President, SPAN-GA & Survivor of Suicide
georgiasurvivors@gmail.com



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