

Helpful resources

NM Crisis and Access Line

call 1-855-662-7474 and you will be referred to local resources
www.nmcrisisline.com

Veterans Crisis Line

1-800-273-8255 Press 1

Children's Grief Center

During the school year offers support to grieving youth and their families

505-323-0478.

info@childrensgrief.org.

National Alliance on Mental Illness

Offers information to the millions of people impacted by mental illness

www.nami.org and

The Child and Adolescent Action Center - www.nami.org/caac

www.sosabq.org

Additional information:

(505) 400-9942

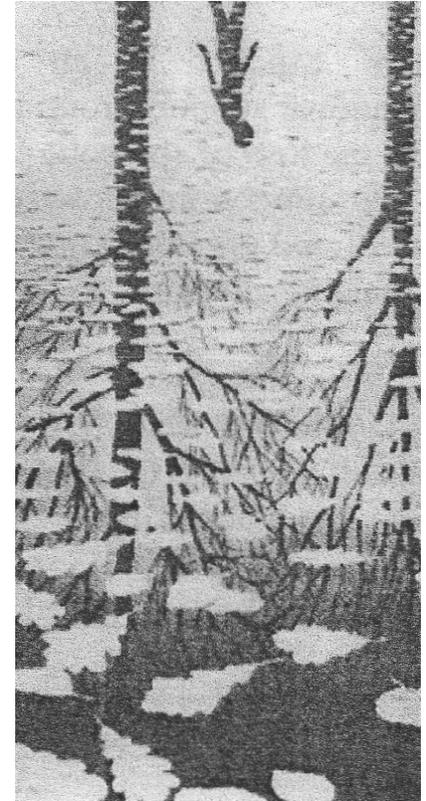
sosinabq@gmail.com

or

Joe (505) 681-7227

thompson.consulting@gmail.com

SOS



Survivors of Suicide
Albuquerque, New Mexico

A support group for those who have lost someone they love to suicide

A support group for those who have lost someone they love to suicide

Survivors of Suicide is an incorporated nondenominational support group for those who are suffering the loss of someone they love to suicide. This support group was established in March 1978 and offers presentations and open discussions relevant to the needs of survivors.

The Survivor of Suicide support group meets four times each month:

2nd and 4th Saturday 1-2:30 pm

St. Luke Lutheran Church

9100 Menaul Blvd. NE 87112

1st and 3rd Monday 7 -8:30 pm

Shepherd of the Valley Presbyterian

1801 Montano Rd. NW 87107

These meetings are attended by recent and longtime survivors who share their experiences in dealing with their loss. We also occasionally arrange for mental health professionals to offer important insights. Longer term survivors lead the early part of sharing meetings and may present perspectives on unexpected death, grief, mourning, and paths toward healing. Open discussion follows presentations and often brings forth

insightful interchanges and mutual sharing with those who may have a related loss and offer perspectives and experiences that are valuable to survivors

Sometimes the friends of survivors also attend and they are most welcome. These are open meetings and there are no fees or invitations required.

Survivors of Suicide suggests that those who have experienced such a loss seek counsel with family members, clergy, support groups such as SOS, and consider consulting a mental health professional. The impact of a death by suicide will often create feelings of guilt, anger, remorse, abandonment and helplessness. These feelings can continue over several years.

The purpose of our meetings is to discuss these feelings openly and to share our experiences. These and other key issues trouble many of us. The risk in frankly sharing our unique problems and concerns about such topics is offset by the benefit in learning from those who have experienced such a related loss.

Following are some useful suggestions for those who have recently suffered a loss by suicide:

SEEK SUPPORT from family members, friends, clergy, support groups, and perhaps a mental health professional. These interactions will provide new insights and perspectives, and can be very beneficial as we learn

to live beyond the loss.

MAINTAIN CONTACT WITH FRIENDS through lunches, phone calls, and other daily contacts. This is not the time to be alone. Be intentional and take the initiative in these contacts. These interactions can be of immense help to you.

DON'T BE DISHEARTENED OR DISCOURAGED by what appear to be thoughtless words, or actions by some of those around you. Often people want to help, but are unsure what to say or do. Help them to be more comfortable when you can.

RECOGNIZE THAT YOUR EXPERIENCE CAN HELP OTHERS: We can benefit another in our search for some restoration by sharing our experiences, both good and bad. Helping another survivor can be an important part of healing.

KNOW THAT YOU ARE NOT ALONE: In the US someone takes their life every 13 minutes. Many others are going through a situation similar to yours at this moment. Allow yourself to have partners in this journey of surviving the loss of someone you love.

The Survivors of Suicide is an all volunteer nonprofit incorporated in New Mexico.