



“The loneliness may never go away,
but it does become bearable.”

“Your life is changed instantly! It will
never be what it was before.”

“At first I thought I was losing my
mind. The SOS group was life-saving
for me, literally.”

“You may do better for a while, then
slip backwards, but little by little...”

“It helps so much to talk to people
who have experienced the same hurt
and loss that you have. I can say what
I want to in the meeting and not have
people shy away. I feel safe here.”

“I wish some people hadn’t said: ‘I
know how you feel’. How could they
know unless they have experienced a
suicide?”



SOS Groups in Tennessee

CENTERVILLE

Left Behind by Suicide
Rosa Newton (931) 729-4271, ext. 3933

CHATTANOOGA

SITE (Suicide Isn't The End)
Gloria Hastings (423) 544-7608

CLARKSVILLE

Survivors of Suicide
Cindy Johnson (931) 538-6420

COLUMBIA

Friends and Families of Suicides
Karyl Chastain Beal (931) 388-9289

CORDOVA

Healing Hearts Suicide Grief Support Group
Kim Mitchell (901) 507-1902

FRANKLIN

Survivors of Suicide
Scott Payne (615) 244-7444

JACKSON

Rural West Regional Survivors of Suicide
(800) 353-9918

JOHNSON CITY / GRAY

Tri-Cities Survivors of Suicide
Linda Phipps Harold or Harold Leonard
(423) 913-1255 or (423) 245-5608

KNOXVILLE

Suicide Grievors Support Group
Paula J. Alexander, LCSW, CGC (865) 671-9631

MARYVILLE

Suicide Grievors Support Group of Blount County
Barbara Lasater (865) 984-4223

MEMPHIS

Healing Hearts Suicide Grief Support Group
Angela Hamblen (901) 767-6767

MURFREESBORO

Survivors of Suicide
Brittany Dyer and Karen Potratz
(615) 904-8623, ext. 53, or 962-8016

NASHVILLE

Survivors of Suicide
Samantha Nadler (615) 244-7444



"Living Hope, Saving Lives"

*Have you lost a loved one to suicide?
Then you are a survivor of suicide.*



You are not alone . . .

Survivors of Suicide

Support for anyone who has
lost a loved one through suicide.

For additional information on suicide prevention
or publications contact:

**Tennessee Suicide
Prevention Network**



295 Plus Park Blvd., Suite 201
Nashville, TN 37217

ph: 615-297-1077 f: 615-269-5413

www.tspn.org



Saving Lives in Tennessee

advice for survivors

Even if you feel that you cannot survive, know that you can.

Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.

Each survivor grieves in their own way and at their own pace.

Seek out people who are willing to listen without judging.

Remember that many people are affected by suicide.

Seek professional help if needed.

Take care of yourself—physically, mentally, emotionally and spiritually.

This is the hardest thing you will ever do. Be patient and don't try to do it by yourself.

Remember that *healing takes time and support.*



Annually, suicide takes the lives of approximately **34,000** Americans, and **900** Tennesseans.

Tennessee was ranked **20th** in suicide deaths per 100,000 as of 2007.

Every day, 95 Americans die by suicide. That's one every **15 minutes.**

Each suicide leaves behind an estimated **6** known survivors.

1 out of every 62 Americans (**4.4 million** total) is a suicide survivor.

Approximately 180,000 people in the United States become survivors each year. In the past 25 years, over **5 million** Americans became suicide survivors.

Loved ones of those who have died by suicide are at a **higher** risk of suicide themselves.



SOS can help

Survivors of Suicide group meetings are open to anyone who has lost a loved one through suicide or who is helping someone who has lost a loved one through suicide.

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

We are here whenever the survivor is ready for us and for as long as he or she needs us.

We understand that the grieving process is hard work. Members have all been there and are often the only ones who can truly understand the survivor.

Survivors can attend an SOS meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen.