

“I believe that the person who commits suicide... sentences the survivor to deal with many negative feelings, and more, to become obsessed with thoughts regarding his own actual or possible role in having precipitated the suicidal act or having failed to abort it.”

Dr. Edwin Shneidman
Co-founder, Suicide Prevention Center

“I tried to put my brother’s suicide out of my mind for eight and a half years. Now I know that relief from the pain and anxiety comes from opening up and sharing my feelings, not from denying their existence.”

Brad, whose brother died by suicide at age 26

“Confronting and sharing my feelings after my father’s suicide let me get my life moving forward again.”

Amy, who lost her 60-year-old father to suicide



“Having others to talk to about my son’s suicide made my grief bearable, my healing possible.”

Helen, who lost her 23-year-old son to suicide

“My wife’s suicide was devastating. None of my buddies understood what I was going through. Many of them said I had to “get over it.” I now know “getting over it” isn’t an option, but coping is. I now have a safe place to talk about my feelings and the support of a tremendous community.”

Robert, whose 37-year-old wife died by suicide



For more information about a Survivors After Suicide support group, please call:

Los Angeles and Ventura Counties:
(424) 362-2912

Orange County:
(714) 547-0885

Funding and Support Provided By:

Didi Hirsch’s Alive & Running,
a 5K walk/run which raises money
for suicide prevention

www.AliveAndRunning.org

Donations from those who have
lost someone to suicide

County of Orange Health Care Agency

Behavioral Health Services

Prevention and Intervention Division

Mental Health Services Act/Prop. 63

Didi Hirsch Suicide Prevention Center

10277 West Olympic Blvd
Los Angeles, CA 90067

Suicide Prevention Crisis Line

800-273-8255

www.didihirsch.org



Didi Hirsch Mental Health Services does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.



Survivors After Suicide



Transforming Lives

by providing quality mental health,
substance use and suicide prevention services
in communities where stigma or poverty
limits access.

The suicide of a family member or friend is one of the most traumatic events a person can endure and the pain can seem unending.

Didi Hirsch's *Survivors After Suicide* program has been helping survivors cope with their grief and pain since 1981.

Survivors After Suicide understands the special

needs of those who have suffered this difficult kind of loss.

The group was co-founded by a survivor whose 23-year-old

brother died by suicide. Since then, countless survivors have found help by talking to others who shared similar feelings and experiences, rather than struggling alone with their pain.



Survivors After Suicide offers the following services to people who have lost a loved one to suicide:

- Eight-week bereavement groups
- Weekly and monthly drop-in groups
- Telephone support
- Social gatherings
- Newsletter

Adult and teen bereavement groups

Survivors After Suicide groups are available for adults and teens. They are co-led by a professional therapist who specializes in suicide bereavement and a survivor who has gone through the *Survivors After Suicide* program and completed training in co-facilitating groups. The groups meet for 90 minutes each week and typically include six to ten people who have lost someone to suicide. Support groups meet in the San Gabriel Valley, San Fernando Valley, West Los Angeles, the South Bay, Ventura County and Orange County.

Weekly and monthly drop-in groups

Survivors who have completed an eight-week support group can receive ongoing support from any of our drop-in groups for as long as they need.

Telephone support

We provide short-term telephone support to survivors who are having an especially difficult time coping with their loss and have little or no support. Telephone sessions are available for sixty days or until the survivor participates in a group.



Grieving a Suicide

Losing someone to suicide complicates the grieving process. Suicide survivors often feel an array of conflicting emotions that can isolate them from others, including:

- Loss
- Shock
- Anger
- Guilt
- Grief
- Shame
- Denial
- Relief
- Disbelief
- Numbness
- Sadness

Social gatherings

Twice a year we celebrate all of our survivors and their loved ones at events that include memorials, remembrances and activities honoring the survivors' resilience and providing them further opportunities to connect with other survivors.

Survivor Newsletter

Our Survivor Newsletter provides helpful information about surviving suicide and offers a forum for survivors to share their experiences with others.

How to get help

If you have lost someone to suicide recently or even in the distant past, please call the *Survivors After Suicide* program for information about how to join one of our eight-week bereavement groups:

Los Angeles & Ventura Counties: 424-362-2912
Orange County: 714-547-0885

For help in a suicide crisis, please call the 24-hour Suicide Prevention Crisis Line at 800-273-8255

Didi Hirsch is a member of the National Suicide Prevention Lifeline where English/Spanish counselors are ready to listen 24/7.