

# RESOURCE MANUAL

*A guide to crucial issues  
surrounding suicide*



**Feeling Blue**  
**Suicide Prevention Council**  
**610-715-0076**  
**[www.feelingblue.org](http://www.feelingblue.org)**



## **MISSION STATEMENT**

Feeling Blue Suicide Prevention Council is a community-based organization dedicated to preventing suicide, reducing the stigma associated with suicide, and supporting those people affected by depression or by the loss of a loved one to suicide. We do this through education, and support.

*More people die by suicide than homicide,  
yet our society remains woefully ignorant of this problem,  
let alone the concept of suicide prevention,  
something Feeling Blue is committed to changing.*

## DID YOU KNOW...

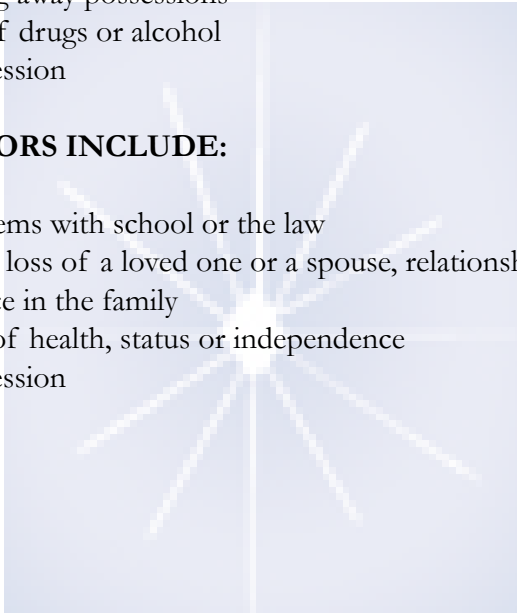
- Every 17 minutes someone completes suicide
- Suicide rates are highest among elderly people, especially males
- Suicide is the 2nd leading cause of death for people between 19-24 years of age, 3rd for the age group of 15-19

## WARNING SIGNS CAN BE:

- Abrupt changes in personality
- Giving away possessions
- Use of drugs or alcohol
- Depression

## RISK FACTORS INCLUDE:

- Problems with school or the law
- Major loss of a loved one or a spouse, relationship, a home, a divorce in the family
- Loss of health, status or independence
- Depression



# DEPRESSION

Depression is a serious medical illness that negatively affects how you feel, the way you think, and how you act. It is a common illness that each year affects 17 million Americans (nearly one in 10). Depression does not discriminate; it affects men and women, young and old, and people of all races, cultures, and incomes.

Fortunately, depression is very treatable. The majority (80%-90%) of people who receive treatment experience significant improvement and almost all individuals derive some benefit from medical care.

Unfortunately, individuals may not recognize their symptoms as signs of an illness, or they may fear the reactions of co-workers, friends, and family. As a result, millions of people with depression do not seek treatment and unnecessarily experience problems at their jobs or in their relationships.

Depression has a variety of symptoms, but the most common is a deep feeling of sadness. People with depression may feel tired, listless, hopeless, helpless, and generally overwhelmed by life. Simple pleasures are no longer enjoyed, and their world can appear dark and uncontrollable. Emotional and physical withdrawal are common responses of depressed people.

Depression can strike at any time, but most often appears for the first time during the prime of life, from ages 24 to 44. One in four women and one in 10 men will confront depression at some point in their lives.

## Symptoms of Depression:

Depression is diagnosed if a person experiences 1) persistent feelings of sadness or anxiety or 2) loss of interest or pleasure in usual activities in addition to five or more of the following symptoms for at least 2 consecutive weeks.

- *Changes in appetite that result in weight losses or gains not related to dieting*
- *Insomnia or oversleeping*
- *Loss of energy or increased fatigue*
- *Restlessness or irritability*
- *Feelings of worthlessness or inappropriate guilt*
- *Difficulty thinking, concentrating, or making decisions*
- *Withdrawal from friends, family, activities*
- *Lack of enthusiasm or motivation*
- *Substance abuse problems*
- *Thoughts of death or suicide or attempts at suicide*

Depression is diagnosed only if the above symptoms are not due to other conditions (e.g., neurological or hormonal problems) or illnesses (e.g., cancer, heart attack) and are not the unexpected side effects of medications or substance abuse.

To find a facility in your community that offers free depression screening, please call National Depression Screening Day's Toll-Free Year-Round Depression Screening Line: 800-573-4433.

Also visit these websites for screening information:  
**[www.depression-screening.org](http://www.depression-screening.org) & [www.teenscreen.org](http://www.teenscreen.org)**

## **Organizations & Websites: *Depression***

### **American Psychiatric Assoc.**

1000 Wilson Boulevard, Suite 1825  
Arlington, Va. 22209-3901  
phone: 703-907-7300

**[www.psych.org/disasterpsych/fs/depression.cfm](http://www.psych.org/disasterpsych/fs/depression.cfm)**

### **American Psychological Assoc.**

750 First Street, NE,  
Washington, DC 20002-4242  
1-800-374-2721

**[www.apa.org](http://www.apa.org)**

### **Assoc. for Behavioral & Cognitive Therapies**

305 7th Ave, 16th Floor  
New York, NY 10001  
212-647-1890

**[www.aabt.org](http://www.aabt.org)**

### **Campusblues**

University and College Student Resources

**[www.campusblues.com](http://www.campusblues.com)**

### **ClinicalTrials.gov**

**[www.clinicaltrials.gov](http://www.clinicaltrials.gov)**

### **Depression & Bipolar Support Alliance (DBSA)**

730 N. Franklin, #501  
Chicago, IL 60610  
312-642-0049

**[www.DBSAlliance.org](http://www.DBSAlliance.org)**

### **Families for Depression Awareness**

395 Totten Pond Road, Suite 404  
Waltham, MA 02451  
781-890-0220

**[www.familyaware.org](http://www.familyaware.org)**

### **Feeling Blue Suicide Prevention Council**

P.O. Box 7193  
Radnor, PA 19087  
610-715-0076

**[www.feelingblue.org](http://www.feelingblue.org)**

### **Mental Health America**

2001 N. Beauregard Street, 12th Floor  
Alexandria, VA 22311  
Phone 703/684-7722  
1-800-969-NMHA (6642)

**[www.nmha.org](http://www.nmha.org)**

### **NAMI**

(National Alliance on Mental Illness)  
Colonial Place Three  
2107 Wilson Blvd. - Suite 300  
Arlington, VA 22201-3042  
(703) 524-7600

### **NAMI HelpLine:**

**1-800-950-NAMI (6264)**

**[www.nami.org](http://www.nami.org)**

### **National Institute of Mental Health**

Information Resources & Inquiries Branch  
5600 Fishers Lane, Room 7C02  
Rockville, MD 20857  
301-443-4513

**[www.nimh.nih.gov/healthinformation/depressionmenu.cfm](http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm)**

### **NIMH Outreach Partnership Program**

**[www.nimh.nih.gov/health/outreach/partnership-program/index.shtml](http://www.nimh.nih.gov/health/outreach/partnership-program/index.shtml)**

To find a support group for depression, go to the Depression and Bipolar Support Alliance at [www.dbsa.org](http://www.dbsa.org).

For online support groups, visit PsychCentral at [www.psychcentral.com](http://www.psychcentral.com).

### **New Directions Delaware, Inc.**

A support group for people with depression or bipolar disorder and for their families and friends:

*6 Hilton Road*

*Wilmington, DE 19810*

*302-286-1161*

[www.newdirectionsdelaware.org](http://www.newdirectionsdelaware.org)

## **Bibliography: *Depression***

***How I Stayed Alive When My Brain Was Trying to Kill Me;***

Blaumer, Susan Rose; Harper Collins; 2002.

***The Suicide of My Son: A Story of Childhood Depression;***

Carlson, Trudy; Benline Press; 1995.

***Conquering the Beast Within;***

Irwin, Cait; Times Books; 1998.

***Unholy Ghost – Writers on Depression;***

Casey, Nell; William Morrow Publishing; 2001.

***When Nothing Matters Anymore – A Survival Guide for Depressed Teens;***

Cobain, Bev, R.N.; Free Spirit Publishing; 1998.

***A Brilliant Madness, Living with Manic-Depressive Illness;***

Duke, Patty and Hochman, Gloria; Bantam Books; 1992.

***An Unquiet Mind;***

Jamison, Kay Redfield; Vintage Books; 1995.

***Ups and Downs: How to Beat the Blues and Teen Depression;***

Klebanoff, Susan, PhD and Luborsky, Ellen, PhD; Price Stern Sloan, Inc; 1999.

***A Relentless Hope;***

Nelson, Gary; Cascade Books; 2007.

***The Noonday Demon;***

Solomon, Andrew; Touchstone; 2001.

***Darkness Visible;***

Styron, William; Vintage Books; 1990.

# SUICIDE PREVENTION

What to do if you suspect someone may be contemplating suicide.

## **TAKE IT SERIOUSLY**

- *75 percent of all suicides give some warning of their intentions to a friend or family member.*
- *All suicide threats and attempts must be taken seriously, even those of teenagers among whom such threats are more common.<sup>1</sup>*

## **Listening is a healing art.**

You can become a better listener by realizing the following:

*Listening to someone suicidal can save a life.*

*Listening means taming your own fear so that you don't rush into judgments.*

*Listening means giving your time to someone else.*

*Listening means sharing the burden of pain.*

*Listening means paying perfect attention while the other person creates his or her own solution to life's problems.<sup>2</sup>*

## **Trust your instincts.**

Tell a secret if necessary, in order to save a life. Alert key adults, family, friends, teachers, and coaches.

## **Pay attention to talk about suicide.**

Don't be afraid that asking about suicide will give someone the idea. Silence can be deadly!<sup>3</sup>

## **Seek Professional Help.**

Be actively involved in encouraging the person to see a physician or mental health professional immediately. Since suicidal people often don't believe they can be helped, you may have to do more.

## **Remember, help is available and there is always hope.**

Suicide is preventable; the majority of people don't really want to die, they just want to end their pain. Contrary to popular belief, talking about suicide does **NOT** increase the risk, but rather, **decreases it.**

*Treatment, therapy, counseling – whatever you call it – works!*

## Risk Factors for Suicide

- *Diagnosis of Depression*
- *Previous suicide attempt*
- *Family history of suicide*
- *Loss of job, home, money*
- *Death or terminal illness of a loved one*
- *Divorce or loss of major, significant relationship*
- *Loss of health, either real or imagined*
- *Someone close to the person has completed suicide*
- *Recent disappointment or rejection*
- *Being expelled from school/ fired from job*
- *Sudden loss of freedom/fear of punishment*
- *Victim of assault or bullying*

For those who may be feeling at all suicidal, any amount of alcohol or drugs in their system lowers inhibitions and makes the risk much greater.

## Warning Signs of Suicide

- *Talking about suicide*
- *Statements such as, "Soon you won't have to worry about me," "I just want to go to sleep and never wake up," "I just want out."*
- *Sense of worthlessness, hopelessness, or helplessness*
- *Suddenly happier and calmer, especially after weeks of depression*
- *Giving away prized possessions*
- *Getting affairs in order, making arrangements*
- *Visiting or calling people one cares about*
- *Preoccupation with death*
- *Loss of interest in things one cares about*

## Protective Factors

Any positive connection to others, beliefs, and/or skills in a person's life that help in difficult times.

- *Strong bonds with friends and family*
- *Restricted access to lethal means*
- *Effective and appropriate clinical care for mental, physical, and substance abuse disorders*
- *Easy access to a variety of clinical interventions and support for help seeking*
- *Community support*
- *Support from ongoing medical and mental health care relationships*
- *Life skills such as decision making, conflict resolution, anger management, non-violent ways of handling disputes and problem solving*
- *Strong beliefs in the meaning and value of life*
- *Cultural and religious beliefs that discourage suicide and support self-preservation instincts*
- *HOPE for the future*

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Feeling Blue recently created a booklet entitled, "After an Attempt: The Emotional Impact of a Suicide Attempt on the Family." This booklet is designed to help families members and the survivors of a suicide attempt - what to expect, what to do , what not to do, and resources for additional help. You can learn more about it by visiting our website:

**[www.feelingblure.org](http://www.feelingblure.org)**, in the *Preventing Suicide* section.

Nami, SPRC, and the National Suicide Prevention Lifeline have an Emergency Department Resource Toolkit that can be downloaded from their websites:

**[www.nami.org](http://www.nami.org)**

**[www.sprc.org](http://www.sprc.org)**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

## Websites: *Suicide Prevention*

**Suicide: Read This First**

**[www.metanoia.org/suicide](http://www.metanoia.org/suicide)**

This site contains conversations and writings for suicidal persons to read and a few simple prevention materials. Includes links as well as lots of helpful information.

American Association of Suicidology  
(AAS)

**[www.suicidology.org](http://www.suicidology.org)**

American Foundation for Suicide Prevention  
(AFSP)

**[www.afsp.org](http://www.afsp.org)**

Crisis Link: Prevention, Intervention, Support  
& Training

**[www.crisislink.org](http://www.crisislink.org)**

GLBT Youth Suicide

**[www.metrokc.gov/health/glbtyouthsuicide.htm](http://www.metrokc.gov/health/glbtyouthsuicide.htm)**

LivingWorks Education Inc.  
**[www.livingworks.net](http://www.livingworks.net)**

The Link's National Resource Center  
**[www.thelink.org/national\\_resource\\_center.htm](http://www.thelink.org/national_resource_center.htm)**

National Alliance on Mental Illness  
(NAMI)

**[www.nami.org](http://www.nami.org)**

National Center for Suicide Prevention Training  
(NCSPT)

**[www.ncspt.org](http://www.ncspt.org)**

National Council for Suicide Prevention

**[www.ncsp.org](http://www.ncsp.org)**

National Hopeline Network (1-800-SUICIDE)

**[www.hopeline.com](http://www.hopeline.com)**

National P.O.L.I.C.E. Suicide Foundation

**[www.psf.org](http://www.psf.org)**

National Suicide Prevention Lifeline

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

National Organization of People of Color  
Against Suicide  
(NOPCAS)

**[www.nopcas.com](http://www.nopcas.com)**

Norman Institute-gender orientation:  
**1-816-960-7200**

QPR Institute  
**[www.qprinstitute.com](http://www.qprinstitute.com)**

Samaritans  
**[www.samaritansnyc.org](http://www.samaritansnyc.org)**

Suicide Awareness Voices of Education  
(SAVE)  
**[www.save.org](http://www.save.org)**

Centre for Suicide Prevention  
**[www.suicideinfo.ca](http://www.suicideinfo.ca)**

Suicide Anonymous  
**[www.suicideanonymous.org](http://www.suicideanonymous.org)**

Suicide Prevention Action Network USA  
(SPAN)

**[www.spanusa.org](http://www.spanusa.org)**

Suicide Prevention Resource Center  
(SPRC)

**[www.sprc.org](http://www.sprc.org)**

Tears of a Cop  
**[www.tearsofacop.com](http://www.tearsofacop.com)**

Trevor Helpline  
(GLBT Youth)  
**[www.thetrevorproject.org](http://www.thetrevorproject.org)**

## Websites: *Suicide Prevention continued...*

### Government Sources:

Centers for Disease Control

[www.cdc.gov/ncipc/factsheets/suifacts.htm](http://www.cdc.gov/ncipc/factsheets/suifacts.htm)

CDC - US Mortality Statistics

[www.cdc.gov/ncipc/wisqars/](http://www.cdc.gov/ncipc/wisqars/)

National Council for Suicide Prevention  
(*NCSP*)

[www.ncsp.org](http://www.ncsp.org)

National Institute of Mental Health

[www.nimh.nih.gov/suicideprevention/suifact.cfm](http://www.nimh.nih.gov/suicideprevention/suifact.cfm)

National Strategy for Suicide Prevention

[www.mentalhealth.org/suicideprevention/default.asp](http://www.mentalhealth.org/suicideprevention/default.asp)

The Substance Abuse and Mental Health  
Services Administration

[www.samhsa.gov](http://www.samhsa.gov)

### State Sources:

Delaware County Awareness & Prevention  
Task Force

[www.delcosuicideprevention.org](http://www.delcosuicideprevention.org)

Feeling Blue Suicide Prevention Council

[www.feelingblue.org](http://www.feelingblue.org)

Pennsylvania Adult and Older Adult Suicide  
Prevention Plan

[www.parecovery.org](http://www.parecovery.org)

Pennsylvania Youth Suicide Prevention  
5 Year Action Plan

[www.paspi.org](http://www.paspi.org)

### State Sources continued:

Philly Health Info

<http://phillyhealthinfo.org/>

Mental Health and Aging

[www.mhaging.org](http://www.mhaging.org)

### Youth Suicide Prevention Sources:

Active Minds on Campus

[www.activeminds.org](http://www.activeminds.org)

Jason Foundation

[www.jasonfoundation.com](http://www.jasonfoundation.com)

The Jed Foundation

[www.jedfoundation.org](http://www.jedfoundation.org)

School Based Youth Suicide Prevention Guide

<http://theguide.fmhi.usf.edu/>

Signs of Suicide - Suicide Prevention Program  
for Secondary Schools

(*SOS*)

[www.mentalhealthscreening.org/  
highschool/index.aspx](http://www.mentalhealthscreening.org/highschool/index.aspx)

Services for Teens at Risk Center

(*STAR*)

[www.wpic.pitt.edu/research/  
star/default.htm](http://www.wpic.pitt.edu/research/star/default.htm)

TeenScreen: Adolescent Suicide and  
Mental Health Screening Programs

[www.teenscreen.org](http://www.teenscreen.org)

Youth Suicide Prevention Program

[www.yspp.org](http://www.yspp.org)

Yellow Ribbon Youth Suicide  
Prevention Program

[www.yellowribbon.org](http://www.yellowribbon.org)

## Bibliography: *Suicide Prevention*

***The Savage God – A Study of Suicide;***  
Alvarez, A.; Random House; 1972.

***The Suicide of My Son:  
A Story of Childhood Depression;***  
Carlson, Trudy; Benline Press; 1995.

***Choosing to Live How to Defeat  
Suicide Through Cognitive Therapy;***  
Ellis, Thomas E, Newman,  
Cory F.;New Harginger  
Publications, Inc.; 1996.

***Police Suicide Tactics for Prevention;***  
Hackett Dell P, Violante,  
John M.; Charles C. Thomas  
Publisher, Ltd.;2003

***The Clinical Science of  
Suicide Prevention;***  
Hendin, Herbert, M.D.;  
NY Academy of Sciences; 2003.

***Seduced by Death;***  
Hendin, Herbert, M.D.;  
W W Norton & Co; 1998.

***Why People Die by Suicide;***  
Joiner, Thomas;  
Harvard University Press; 2006.

***Youth and Suicide;***  
Klagsbrun, Francine;  
Simon & Schuster, Inc.; 1976.

***Eight Stories Up An Adolescent  
Chooses Hope Over Suicide;***  
Lezine, Dequincy A. Ph.D.  
with Brent, David, M.D.,  
Oxford University Press, 2008.

***Assessment of Suicide;***  
Maris, Berman, Maltsberger,  
Yufit, Editors; The Guilford Press; 1992.

***History of Suicide Voluntary Death  
in Western Culture;***  
Minois, George;  
The John Hopkins Press; 1999.

***Suicide in Later Life –  
Recognizing the Warning Signs;***  
Osgood, Nancy, Ph.D.;  
Macmillan, Inc.; 1992.

***Counseling Suicidal People;***  
Quinnett, Paul G;  
The QPR Institute, 2000.

***Suicide – The Forever Decision;***  
Quinnett, Paul G;  
The Crossroad Publishing Co; 2000.

***Clues to Suicide;***  
Shneidman, Edwin S. Ph.D. and  
Farberow, Ph.D.;  
McGraw-Hill Book Co.; 1957.

***The Suicidal Mind;***  
Schneidman, Edwin, Ph.D;  
Oxford University Press; 1996.

***Seduction of Suicide;***  
Taylor, Kevin, M.D.;  
1stBooks Library; 2002.

***Secrets of Suicide;***  
Tullis, Ken, M.D.;  
AuthorHouse; 2007.

***Waking Up Climbing Through  
the Darkness;***  
Wise, Terry L.; Pathfinder  
Publishing of California, 2003

## Other Important Sites & Numbers

PA Department of Health:  
**1-877-PA-HEALTH (1-877-724-3258)**  
Emergency (after hours, weekends & holidays):  
**(717)737-5349**

### AIDS:

Pennsylvania AIDS Hotline In Pennsylvania:  
**1-800 662-6080**

Critical Path Project  
**Hotline: (215) 545-2212**  
**(215) 463- 7160** (publications orders)

National CDC STD/HIV  
**Hotline: 1-800 342-2437**  
**www.aidshotline.org**

**Child Abuse/Missing Children:**  
National Center for Missing and Exploited Children  
**www.missingkids.com**  
**Hotline: 800-843-5678**

Prevent Child Abuse:  
**www.preventchildabuse.org**  
**1-800-244-5373**

Child Abuse Prevention service: Kid Safe  
**1-800-422-4453**

Girls and Boys Town National  
**www.girlsandboystown.org/hotline/  
index.asp**  
**Hot/Hotline: 1-800-448-3000**

Children of the Night:  
**www.childrenofthenight.org**  
**1-800-551-1300**

Runaway Hotline (National)  
**www.nrscrisisline.org**  
**1-800-621-4000**

**Drug and Alcohol Addiction:**  
American Council on Alcoholism  
**www.aca-usa.org**  
**Nationwide HelpLine: 1-800-527-5344**

Alcohol and Drug

**Helpline: 1-800-821-4357**

Al-Anon Meeting information:  
**www.al-anon.alateen.org**  
**1-888-425-2666**

Nat'l Institute on Alcohol Abuse & Alcoholism  
**www.niaaa.nih.gov**

National Institute on Drug Abuse  
**www.nida.nih.gov**

### Eating Disorders:

Renfrew Center for Eating Disorders:  
**www.renfrew.org**  
**1-800-736-3739**

National Eating Disorder Association:  
**www.edap.org**

Eating Disorders Referral and Information:  
**www.edreferral.com**

### GLBTQ:

The Gay, Lesbian, and Straight  
Education Network:  
**www.glsen.org**

Under 21: (*Website for GLBT youth*)  
**www.nmia.com/~sundance/  
youth.html**

Gay and Lesbian National Hotline:  
**www.glnh.org/home.htm**  
**1-888-843-4564**

**1-800-656-4673**

## Other Important Sites & Numbers continued...

PA Department of Health:  
**1-877-PA-HEALTH (1-877-724-3258)**  
Emergency (after hours, weekends & holidays):  
**(717)737-5349**

### Post Traumatic Stress Disorder:

National Center for Post  
Traumatic Stress Disorder:  
**[www.ncptsd.va.gov](http://www.ncptsd.va.gov)**

National Center for Trauma-Informed Care:  
**<http://mentalhealth.samhsa.gov/nctic/>**

PTSD Alliance:  
**[www.ptsdalliance.org](http://www.ptsdalliance.org)**  
**1-877-507-PTSD (7873)**

Facts for Health:  
**[www.factsforhealth.org](http://www.factsforhealth.org)**  
**608-827-2470**

American Psychiatric Association:  
**[www.psych.org/disasterpsych/fs/ptsd.cfm](http://www.psych.org/disasterpsych/fs/ptsd.cfm)**  
**202-682-6000**

### Self-Injury/Cutting:

Safe Alternatives Program:  
**[www.selfinjury.com](http://www.selfinjury.com)**  
**1-800-DONT CUT (366-8288)**

Secret Shame  
*(self-injury information & support)*  
**[www.palace.net/~llama/psych/injury.html](http://www.palace.net/~llama/psych/injury.html)**

### Violence/Rape:

Friends of Battered women and their  
Children:  
**[www.afriendsplace.org](http://www.afriendsplace.org)**  
**1-800-603-4357**

Domestic Violence Hotline (National):  
**1-800-799-7233**

Rape, Abuse & Incest  
National Network:  
**[www.rainn.org](http://www.rainn.org)**



# Pennsylvania Crisis Response Centers/Hotlines

National Suicide Hotline:  
**1-800-273-TALK (8255)**  
**1-800-SUICIDE (784-2433)**

## **Adams, Cumberland, Dauphin, Franklin & Perry Counties**

Carlisle	717-249-6226
Harrisburg	717-652-4400
Adams, Franklin, Perry, Upper Dauphin	800-932-4616

## **Allegheny County**

Crisis Intervention Hotline	888-424-2287
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## **Altoona County**

Community Crisis Center	814-889-2279
Blair County	800-540-4690
Altoona State College	814-946-9050
Crisis Services for Penn State Students	
Centre County Can Help	800-643-5432
CAPS: Center for Counseling & Psychological Services M-f, 9-5, Phone or Walk-in	814-863-0395
Community Help Center (formerly Wellspring) M-F, 9-6, Phone or Walk-in	814-235-1890

## **Beaver County**

Beaver Valley	724-728-3650
Ambridge Callers	724-375-7693

## **Bucks & Delaware Counties**

Lower Bucks	215-355-6000 215-547-1889
Central Bucks	215-340-1998
Upper Bucks	215-536-0911
Main Line & Delaware County	610-649-5250
Philadelphia Area	888-855-5525

## **Butler County**

Center for Community Resources	724-287-0440 800-292-3866
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## **Chester County**

Crisis Intervention Hotline	610-918-2100
Chester County Mental Health	877-918-2100

# Pennsylvania Crisis Response Centers/Hotlines continued...

National Suicide Hotline:  
**1-800-273-TALK (8255)**  
**1-800-SUICIDE (784-2433)**

## **Cumberland County/Camp Hill**

Holy Spirit Hospital

717-763-2345

800-722-5385

## **Dauphin County**

Mental Health Crisis Intervention Services

717-232-7511

## **Erie County**

Hotline

814-453-5656

## **Hanover County**

*Hanover, Gettysburg & York Areas*

Crisis Intervention & Emergency Services

717-637-7633

Adams-Hanover Counseling Services Inc.

717-334-0468

866-325-0339

## **Lancaster County**

Mental Health Crisis Intervention Program

717-394-2631

Lancaster Helpline

717-299-4855

Adamstown, Denver, Reamstown, Terre Hill

717-738-0738

Hensel, Kirkwood

717-786-5444

Teen Line / Kids Line

717-394-2000

TTY – Deaf & Voice

717-299-7184

## **Lawrence County**

Contact E.A.R.S. Helpline

724-658-5529

Teenline

724-657-TALK (8255)

Adamstown, Denver, Reamstown, Terre Hill

717-738-0738

## **Lebanon County**

Philhaven Behavioral Healthcare

717-274-3363

## **Lehigh County**

Emergency Mental Health Services

610-782-3127

# Pennsylvania Crisis Response Centers/Hotlines continued...

National Suicide Hotline:  
**1-800-273-TALK (8255)**  
**1-800-SUICIDE (784-2433)**

## **Luzerne-Wyoming Counties**

*Community Counseling Services of N.E.P.A*

Tunkhannock 570-836-3118

*Crisis Intervention Emergency Mental Health Services*

Wilkes-Barre 570-552-6000

Hazleton 540-455-6385

*Northeast Counseling Services*

Nanticoke 570-735-7590

## **Montgomery County**

Montgomery County Emergency Services 610-279-6100

Norristown Crisis Hotline 1-800-452-4189

## **Northhampton County**

Northhampton County Mental Health 610-252-9060

Crisis Intervention Services 610-997-5840 TTY

## **Philadelphia County**

Philadelphia Behavioral Health Suicide/Crisis Intervention 215-686-4420

Philadelphia Children's Crisis Response Center: 215-951-8300

## **Pittsburgh County**

Crisis Intervention Services 412-820-HELP (4357)

## **Upland**

Crozer-Keystone Emergency Psychiatric Crisis Service 610-447-7600

## **Westmoreland County**

Crisis Hotline 800-836-6010

County Helpline – Information & Referral 800-222-8848

## **Wilkes-Barre**

Help Line of N.E.P.A. 570-829-1341

Luzerne & Wyoming Counties 888-829-1341

## **York County**

Wellspan Behavioral Health/ York Hospital 717-851-5320

Crisis Intervention 800-673-2496

## **Suicide Anonymous**

A 12-step program to help people end chronic thoughts of suicide and death.

### **When:**

*Monthly on the 3rd Monday at 6:30 PM*

### **Where:**

*Please call for the location:  
610-715-0076*

Based on the Twelve Steps of Alcoholics Anonymous, this is a program designed to help people with suicidal preoccupation and behavior. This is done by providing a safe environment where members can freely share their suicidal thoughts and/or tendencies, help prevent suicides and provide each other with ways of support and healing from these destructive patterns. Because of the anonymity and non-professional status of twelve step programs, members can share their stories without fear of being judged or committed to psychiatric hospitals. If you would like more information either for yourself or someone you love, you may contact us at 610-715-0076. If you would like more information in general regarding Suicide Anonymous, please visit the website:

**[www.suicideanonymous.org](http://www.suicideanonymous.org)**

## GRIEF AFTER SUICIDE

*A message from Heidi Bryan, Director,  
Feeling Blue Suicide Prevention Council*

I thought I knew about grief and grieving. I lost my father, nine months later I lost my mother-in-law, who I truly loved, and nine months after that, an aunt with whom I shared a close relationship. I was totally unprepared for my reaction to my brother's suicide.

After the initial shock, I discovered I was very angry. How could he do this? How could he do this to his wife and children? He was considerate enough to leave a note and go outside – couldn't he also have been considerate enough not to do it? He knew his mother-in-law was recently diagnosed with brain cancer and given only weeks to live. He knew his wife's father had killed himself. He knew his wife's first husband died in a tragic accident. He knew his mother's brother had killed himself. He knew, he knew, he knew.

Then there was the guilt. In the weeks that followed, I would frequently wake up in the middle of the night from dreams that always ended with me either looking at or trying to wash off the blood on my hands. Unfortunately, those left behind in the wake of a loved one's suicide often struggle with a sense of guilt – I didn't do enough, I didn't see his pain or despair, I didn't help him to survive, yet I did. Talking with other survivors, therapy, and time have eased my guilt, but I believe it will never completely go away; that's part of the legacy of suicide.

He died in early January, and I didn't start to actually mourn him until October. The autumn reminded me of our time together as children gathering up chestnuts from our chestnut trees. I was undergoing acupuncture for Lyme disease and I remember leaving the doctor's office sobbing, recalling my childhood when my brother would go into the doctors' offices with me and make me laugh to distract me while I was getting a shot. The tears were such a relief though as I finally began to release the grief.

I have discovered there is an unpredictability associated with this grief: sometimes I can talk about him and his death and I'm fine, other times I begin to cry, I can never tell which will happen. My husband and I saw an exhibit on Mackinac Island in Fort Mackinac where a patient there had a hole in his stomach that never healed. That hole is what my brother's suicide is like – it's not as raw and red and inflamed around the edges as it was at first. It has grown closer together and there is scar tissue surrounding it, but it will never completely heal. It will demand my attention every day. In all the years since my brother's suicide, not a day has passed that I haven't thought about him. But the pain isn't as intense and now I can think of him and not just how he died.

# GRIEVING AFTER SUICIDE

## *Suggestions for Survivors*

Iris M. Bolton

- *Know you can survive. You may not think so, but you can.*
- *Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.*
- *Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.*
- *Anger, guilt, confusion, forgetfulness are common responses. You are not crazy, you are in mourning.*
- *Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's okay to express it.*
- *You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.*
- *Having suicidal thoughts is common. It does not mean that you will act on those thoughts.*
- *Remember to take one moment or one day at a time.*
- *Find a good listener with whom to share. Call someone if you need to talk.*
- *Don't be afraid to cry. Tears are healing.*
- *Give yourself time to heal.*
- *Remember, the choice was not yours. No one is the sole influence in another's life.*
- *Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.*
- *Try to put off major decisions.*
- *Give yourself permission to get professional help. Be aware of the pain of your family and friends.*
- *Be patient with yourself and others who may not understand.*
- *Set your own limits and learn to say no.*
- *Steer clear of people who want to tell you what or how to feel.*
- *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 start one.*
- *Call on your personal faith to help you through.*
- *It is common to experience physical reactions to your grief, e.g., headaches, loss of appetite, inability to sleep.*
- *The willingness to laugh with others and at yourself is healing.*
- *Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.*
- *Know that you will never be the same again, but you can survive and even go beyond just surviving.*

## Websites: *Grief*

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

Feeling Blue Suicide Prevention Council  
[www.feelingblue.org](http://www.feelingblue.org)

1000 Deaths  
[www.1000deaths.com](http://www.1000deaths.com)

Heartbeat Grief Support Following Suicide  
[www.heartbeaturvivorsaftersuicide.org](http://www.heartbeaturvivorsaftersuicide.org)

Parents of Suicide  
[www.parentsofsuicide.com](http://www.parentsofsuicide.com)

Parents of Suicides Email Support Group  
[http://groups.yahoo.com/  
subscribe/parentsofsuicides](http://groups.yahoo.com/subscribe/parentsofsuicides)

Suicide Awareness Voices of Education  
*SAVE*  
[www.save.org](http://www.save.org)

Surviving Our Loss After Suicide  
*S.O.L.A.S.*

[www.suicide-montana.org](http://www.suicide-montana.org)

Survivors of Law Enforcement Suicide  
*S. O. L. E. S.*

[www.tearsofacop.com/  
police/SOLES.html](http://www.tearsofacop.com/police/SOLES.html)

Survivors of Suicide  
[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

Surviving Suicide  
[www.survivingsuicide.com](http://www.survivingsuicide.com)

Survivors Road2Healing  
[www.road2healing.com](http://www.road2healing.com)

## Bibliography: *Grief*

*Words I Never Thought to Speak, Stories in the Wake of Suicide;*  
Alexander, Victoria; Macmillan, Inc.; 1991.

*Mourning After Suicide;*  
Bloom, Lois A.; The Pilgrim Press; 1986.

*My Son...My Son;*  
Bolton, Iris; Bolton Press; 1983.

*Those They Left Behind, Interviews, Stories, Essays and Poems by  
Survivors of Suicide;*

Bryson, Karen Mueller, Ph.D.;2006.

*Someone I Love Died by Suicide;*  
Cammarata, Doreen; Grief Guidance, 2000.

*Suicide Survivors' Handbook:  
A Guide for the Bereaved and Those Who Wish to Help Them;*  
Carlton, Trudy; Benline Press; 1995.

*No Time To Say Goodbye, Surviving the Suicide of a Loved One;*  
Fine, Carla; Doubleday; 1997.

## **Bibliography: *Grief continued...***

### ***Surviving Suicide: Help to Heal Your Heart;***

Hayes, Heather; Brown Books; 2006.

### ***After Suicide;***

Hewett, John H.; Westminster Press; 1980.

### ***Do They Have Bad Days in Heaven?;***

Linn-Gust, Michelle; Chellehead Works; 2002

### ***Silent Grief: Living in the Wake of Suicide;***

Lucas, Christopher & Henry M. Seiden, Ph.D.; Bantam Books; 1989.

### ***The Deafening Silence,***

Manes, Rosemarie; Authorhouse; 2003.

### ***After a Parent's Suicide;***

Requarth, Margo, M.A., M.F.T.; Healing Hearts Press; 2006.

### ***Surviving Bill;***

Reynolds, Mike; iUniverse; 2007.

### ***But I Didn't Say Goodbye;***

Rubel, Barbara; Griefwork Center; 1999.

### ***Healing After The Suicide of A Loved One;***

Smolin, Ann, CSW & John Guinan; Simon & Schuster; 1993.

### ***Before Their Time;***

Stimming, Mary & Maureen Stimming; Temple University Press; 1999.

### ***A Special Scar***

### ***The Experiences of People Bereaved by Suicide;***

Wertheimer, Alison; Routledge; 1991.

### ***Suicide Survivors: A Guide For Those Left Behind;***

Wrobleski, Adina; Afterwords Publishing; 1991.

### ***After Suicide: Help for the Bereaved;***

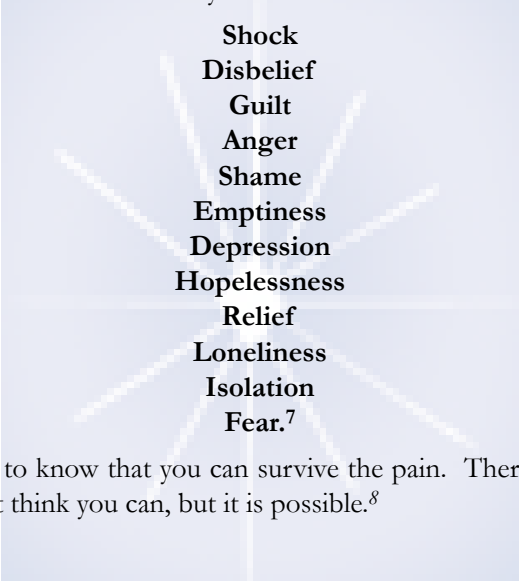
Clark, Sheila; Elizabeth ; Hill of Content Publishing Company Pty Ltd; 1995.

## **SURVIVING AFTER SUICIDE**

*When we stand together and express our emotions, we begin to heal. When we come together and talk, we are less lonely. We hear our very questions, concerns and thoughts voiced aloud by others, and there is a sense of comfort that we are not alone. The power of those painful thoughts is diminished when spoken and shared.<sup>5</sup>*

It might help to know that this mixture of sadness, bewilderment, and uncertainty is common among people who have lost someone to suicide. Unfortunately, most people grieving after a loss to suicide don't know this.<sup>6</sup>

While our circumstances are individual, what is universal about being a suicide survivor is the tremendous impact that suicide has had on our lives. As survivors, we learn to understand and identify with some or all of these words:



**Shock**  
**Disbelief**  
**Guilt**  
**Anger**  
**Shame**  
**Emptiness**  
**Depression**  
**Hopelessness**  
**Relief**  
**Loneliness**  
**Isolation**  
**Fear.<sup>7</sup>**

It is important to know that you can survive the pain. There may be times when you don't think you can, but it is possible.<sup>8</sup>

## Suggestions and Thoughts for Recovery

- *Accept the loss.*
- *Face the pain.*
- *Don't be afraid to cry.*
- *Find an empathetic listener to share with.*
- *Be aware of your family's pain.*
- *Take good care of yourself, rest, eat well.*
- *Give yourself time to heal.*
- *Forgive yourself for any guilt you might feel.*
- *Remember, the choice was not yours.*
- *Don't panic if you have setbacks.*
- *Don't make rash or quick decisions.*
- *Don't be afraid to ask friends and family for help.*
- *Give yourself permission to be angry.*
- *Have a regular routine.*
- *Plan things to do – especially on special occasions and holidays.*
- *Remember, suicide is not inherited.*
- *Take life an hour or a day at a time.*
- *Keep in mind you will survive.*
- *Talk to God.*
- *Find a support group in your area. Call the local suicide prevention center, ask your pastor, priest or rabbi about any grieving groups that might be available, or ask them to start a grief support group at your church or synagogue.<sup>9</sup>*

Different interventions, group meetings, individual treatment, and family interviews have all been found to be useful ways of assisting those survivors who need to help resolve their feelings about suicide. These treatments can give suicide survivors empathy, support, understanding, guidance, and suggestions that assist them during their bereavement period.

Most useful are treatments that foster the survivors' acceptance and understanding of their troublesome feelings; that help them learn to accept whatever guilt they feel over their anger at the deceased person; and help them work out their self-blame for failing to prevent the suicide. Many survivors find some relief in channeling their intense and painful feelings into activities that help others, particularly in works dedicated to preventing these tragic deaths.<sup>10</sup>

## **Websites: *Surviving After Suicide***

American Association of Suicidology

**www.suicidology.org**

American Foundation for Suicide Prevention

**www.afsp.org**

Feeling Blue Suicide Prevention Council

**www.feelingblue.org**

Tears of a Cop

**www.tearsofacop.com**

*Please see websites listed with *Grief After Suicide**

## **Bibliography: *Surviving After Suicide***

***My Son...My Son;***

Bolton, Iris; Bolton Press; 1983.

***'Suicide Survivors' Handbook:***

***A Guide for the Bereaved and Those Who Wish to Help Them;***

Carlton, Trudy; Benline Press; 1995.

***No Time To Say Goodbye, Surviving the Suicide of a Loved One;***

Fine, Carla; Doubleday; 1997.

***Knowing Why Changes Nothing;***

Lager, Eva with Wagner, Sascha; Options Publishing; 1997.

***Do They Have Bad Days in Heaven?***

***Surviving the Suicide Loss of a Sibling;***

Linn-Gunst, Michelle, M.S.; Chellehead Works; 2002.

***Silent Grief: Living in the Wake of Suicide;***

Lucas, Christopher & Henry M. Seiden, Ph.D.; Bantam Books; 1989.

***Surviving Bill;***

Reynolds, Mike; iUniverse; 2007.

***After Suicide: A Ray of Hope;***

Ross, Eleanora; Lynn Publications; 1985.

***Healing After The Suicide of A Loved One;***

Smolin, Ann, CSW & John Guinan; Simon & Schuster; 1993.

***Suicide Survivors: A Guide For Those Left Behind;***

Wroblewski, Adina; Afterwords Publishing; 1991.

*Please see bibliography listed with *Grief After Suicide**

# SURVIVORS OF SUICIDE: *Support Groups, PA*

## **ALLENTOWN (General Bereavement)**

*Group Name & Mailing Address:* **Lehigh Valley Hospice  
Bereavement Support Group  
www.lvh.org  
2166 S. 12 Street  
Allentown, PA 18103**

*Contact:* **Jason Boyko, M.S.  
(610)969-0127**

*Meeting Place:* **Various places**

*Meeting Day(s)/Meeting Time:* **Various times**

*Facilitated by:* **Peer & Professional**

*Charge:* **No**

*Newsletter:* **Yes**

*Counties Served:* **Lehigh, Berks, Carbon, Schuylkill,  
Luzerne, Northampton, Monroe**

*Last Updated:* **1/24/08**

## **ALTOONA**

*Group Name & Mailing Address:* **Support Group for Those Who Have  
Lost a Loved One Through Suicide  
Altoona Regional Behavioral Health Svcs  
620 Howard Avenue  
Altoona, PA 16601**

*Contact:* **Jim Schoenfelder  
(814) 946-2141**

*Meeting Place:* **Altoona Regional Behavioral Health Svcs  
3F Conference Room, (3rd Floor Bldg. F)**

*Meeting Day(s)/Meeting Time:* **3rd Tuesday of every month at 7 p.m.**

*Facilitated by:* **Professional**

*Charge:* **No**

*Newsletter:* **No**

*Counties Served:* **Blair; open to Central Pennsylvania**

## **BRYN MAWR**

*Group Name & Mailing Address:* **Survivors of Suicide Inc.  
P.O. Box 127  
Morton, PA 19070**

*Facilitator:* **Linda DeFeo, RN  
(215) 545-2242**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **EAST STROUDSBURG**

*Group Name & Mailing Address:*

**Pocono Medical Center  
Suicide Survivor's Group**  
206 East Brown Street  
East Stroudsburg, PA 18301

*Contact:*

**Beverly Baker**  
**570-476-339**  
**bakfam@ptd.net**

*or*

**Theresa Croushore**  
**570-420-5838**  
**tcroushore@pmchealthsystem.org**

*Meeting Place:*

**Pocono Medical Center**

*Meeting Day(s)/Meeting Time:*

**4th Tuesday of the month**

*Facilitated by:*

**Professional**

*Charge:*

**No**

*Newsletter:*

**No**

*Counties Served:*

**Monroe, Carbon, Pike**

*Last Updated:*

**8/2/07**

## **ERIE**

*Group Name & Mailing Address:*

**PALS** (*People After Loss from Suicide*)

1533 Ferrick Dr.  
Erie, PA 16509

*Contact:*

**Marge Ferrick**  
**(814) 864-2428**

*or Catholic Charities:*

**jjohnson@eriecd.org**

*Meeting Place:*

**Saint Mark Catholic Center**

429 East Grandview Blvd.

Erie, PA

*Note: Group is non-denominational - all are welcome*

*Meeting Day(s)/Meeting Time:*

**3rd Tuesday of month; 7-9 p.m.**

*Facilitated by:*

**Peer**

*Charge:*

**No**

*Newsletter:*

**No**

*Counties Served:*

**Erie County**

*Last Updated:*

**02/20/08**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **HANOVER**

*Group Name & Mailing Address:* **Survivors of Suicide  
St. Mark Lutheran Church  
129 Charles St.  
Hanover, PA 17331-1807**

*Contact:* **Sue Poist  
(717) 633-1227**

*Meeting Place:* **Same as above**

*Meeting Day(s)/Meeting Time:* **3rd Monday of month; 7-8:30 p.m.**

*Facilitated by:* **Professional --Mim Phillips, M.S.**

*Charge:* **None**

*Newsletter:* **Yes**

*Counties Served:* **York, Adams, Maryland**

*Last Updated:* **1/25/08**

## **HARRISBURG**

*Group Name & Mailing Address:* **Suicide Survivors Group  
2601 North 3rd Street  
Harrisburg PA 17110  
c/o Social Work Department**

*Contact:* **Ned Hoffner  
(717) 213-3906**

*Meeting Place:* **Polyclinic Hospital**

*Meeting Day(s)/Meeting Time:* **1st Wednesday of month; 7-9 p.m.**

*Facilitated by:* **Professional**

*Charge:* **None**

*Newsletter:* **No**

*Counties Served:* **Dauphin, York, Cumberland,  
Perry, Franklin**

## **LANCASTER**

*Group Name & Mailing Address:* **Survivors of Suicide  
1701 Lincoln Highway East, #5  
Lancaster, PA 17602**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **LEWISBURG**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
c/o Karen Lawson  
376 Pheasant Ridge Road  
Lewisburg, PA 17837

*Contact:* **Karen Lawson**  
**570-524-9868**

*Meeting Place:* **Evangelical Hospital**  
**Community Health Center,**  
Staples Plaza Rte 15

*Meeting Day(s)/Meeting Time:* **4th Wednesday of month; 6:30-8 p.m.**

*Facilitated by:* **Peer/Professional**

*Charge:* **No**

*Newsletter:* **No**

## **LORDS VALLEY**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**

*Contact:* **Beatrice Cohen**  
**570-775-4068**  
**beamarv1@yahoo.com**

*Meeting Place:* **Blooming Grove Township Building**  
488 Route 739  
Lords Valley, PA

*Meeting Day(s)/Meeting Time:* **First Thursday month; 7 p.m.**

*Charge:* **No**

*Newsletter:* **No**

*Counties Served:* **Pike**

*Last Updated:* **1/24/2008**

## **MERIDIAN**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
**Meridian Presbyterian Church**  
4150 Highland Avenue  
Meridian, PA 16001

*Contact Person:* **Cindy Byers**  
**(724) 756-2771**

*Leadership Type:* **Peer**

*Meetings/Month:* **1 - 1st Thursday; 7 p.m.**

*Charge:* **No**

*Newsletter:* **No**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **MOUNT GREтна**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
122 East Walton Street, Lebanon, PA 17042

*Contact:* **Doris Belanger, 717-270-9478**  
**mommylovesmark@verizon.net**

*Meeting Place:* **Philhaven Behavioral Health**  
Conference Room #1  
283 S. Butler Road, Mt. Gretna, PA 17064

*Meeting Day(s)/Meeting Time:* **1st & 3rd Thursday of month; 7-8:45 p.m.**

*Facilitated by:* **Peer**

*Charge & Newsletter:* **No**

*Counties Served:* **Lebanon, Dauphin**

*Last Updated:* **12/29/06**

## **MOUNT PLEASANT**

*Group Name & Mailing Address:* **Compassionate Friends**  
Rd. # 1, Box 305A, Acme, PA 15610

*Contact:* **Sally Jo Wilson, (724) 423-3258**

*Meeting Place:* **Frick Hospital**  
Mount Pleasant, PA 15666

*Meeting Day(s)/Meeting Time:* **2nd Monday of month; 7 p.m.**

*Facilitated by:* **Peer/Professional**

*Charge:* **No**

*Newsletter:* **Yes/Monthly**

*Counties Served:* **Fayette, Somerset and Westmoreland**

## **PAOLI**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
P.O. Box 127, Morton, PA 19070

*Contact:* **Sue Kelleher, (215) 545-2242**  
**phillysos.tripod.com**

*Meeting Place:* **Paoli Memorial Hospital**  
Lancaster Pike (Rte. 30), Paoli, PA 19301

*Meeting Day(s)/Meeting Time:* **2nd Wednesday of month; 7:30 p.m.**

*Facilitated by:* **Peer**

*Charge & Newsletter:* **No; Yes**

*Counties Served:* **Chester**

*Last Updated:* **4/19/06**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **PHILADELPHIA**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
*Contact:* **Gail Dohrn**  
**856-858-7044**  
**phillysos.tripod.com**  
*Meeting Place:* **3535 Market St., Philadelphia, Room 2037**  
*Meeting Day(s)/Meeting Time:* **1st Tuesday of month; 7:30 p.m.**  
*Facilitated by:* **Peer**  
*Charge & Newsletter:* **No**  
*Counties Served:* **Philadelphia**  
*Last Updated:* **3/26/07**

## **PHILADELPHIA-NORTHEAST**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
**P.O. Box 127, Morton, PA 19070**  
*Contact:* **Courtney Landman (215) 545-2242**  
**cpumpkin109@aol.com**  
*Meeting Place:* **Frankford Hospital, Torresdale Campus**  
**Knights and Red Lion Roads**  
**Philadelphia, PA 19154**  
*Meeting Day(s)/Meeting Time:* **2nd Tuesday of month; 7:30 p.m.**  
*Facilitated by:* **Peer**  
*Charge:* **No**  
*Newsletter:* **Yes**  
*Counties Served:* **Northeast Philadelphia**  
*Last Updated:* **8/14/06**

## **PITTSBURGH**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
**Western Psychiatric Institute & Clinic**  
**3811 O'Hara Street, Pittsburgh, PA 15213**  
*Contact:* **Sue Wesner (412) 246-5633/(412) 246-5282**  
*Meeting Place:* **Western Psychiatric Institute & Clinic**  
*Meeting Day(s)/Meeting Time:* **8-week sessions**  
*Facilitated by:* **Professional**  
*Charge & Newsletter:* **No**  
*Counties Served:* **All are welcome**  
*Last Updated:* **3/29/07**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **QUAKERTOWN**

*Group Name & Mailing Address:* **SOS (*Survivor of Suicide Support Group*)**  
*Contact:* **Craig & Anne Landis (215) 536-5143**  
*Meeting Place:* **Pyramid Rehab Center- Quakertown**  
*Meeting Day(s)/Meeting Time:* **1st & 3rd Wednesday of month; 7:30 p.m.**  
*Facilitated by:* **Peer**  
*Charge:* **No**  
*Newsletter:* **No**  
*Counties Served:* **Upper Bucks, Upper Montgomery,  
Southern Lehigh, Southern Northampton,  
Eastern Berks**

*Last Updated:* **4/12/06**

## **RADNOR**

*Group Name & Mailing Address:* **Peter's Place**  
**150 N. Radnor-Chester Road**  
**Radnor, PA 19087**

*Group Name:* **Sharing the Silence**  
*Contact Person:* **Carrie Miluski, (610) 687-5150**  
*Leadership Type:* **2 Facilitators**  
*Meetings/Month:* **6 week group**  
*Charge:* **No**  
*Newsletter:* **No**

## **READING AND BERKS COUNTY**

*Group Name & Mailing Address:* **Mental Health Association**  
**Reading and Berks County**  
**122 W. Lancaster Ave.**  
**Shillington, PA 19607**

*Contact:* **Mary Kay Russo (610) 775-3000**  
**Joe Conway mharbc@yahoo.com**  
**Same as above**

*Meeting Place:* **Same as above**  
*Meeting Day(s)/Meeting Time:* **Call for information**  
*Facilitated by:* **Peer/Professional**  
*Charge:* **No**  
*Newsletter:* **No**  
*Counties Served:* **Western PA**  
*Last Updated:* **4/12/06**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **READING AND BERKS COUNTY *continued...***

*Group Name & Mailing Address:* **SOS (*Survivor of Suicide Support Group*)**

**Berks County**

c/o SAM Inc.

19 N. 6th Street, Reading, Pa 19601

*Contact:*

**Miriam Rivera**

**(610) 236-4642**

*Meeting Place:*

**Mental Health Assoc. of Berks County**

122 W. Lancaster Avenue, Suite 207

Shillington, PA 19607

*Meeting Day(s)/Meeting Time:*

**1st & 3rd Tuesday of month; 7-9 p.m.**

*Charge:*

**No**

*Newsletter:*

**Not Yet**

*Counties Served:*

**Reading, Berks and surrounding**

*Last Updated:*

**4/12/06**

## **ROCHESTER**

*Group Name & Mailing Address:*

**Mental Health Association**

**Beaver County**

105 Brighton Avenue

Rochester, PA 15074

*Group Name:*

**Suicides Other Victims**

*Contact Person:*

**(724) 775-4165**

*Leadership Type:*

**P/P**

*Meetings/Month:*

**First & Last Monday; 7 p.m.**

*Charge & Newsletter:*

**NO**

## **SCRANTON**

*Group Name & Mailing Address:*

**Support Group for Family & Friends**

**Who Have Lost Someone to Suicide**

**The Advocacy Alliance**

823 Jefferson Avenue

Scranton, PA 18510

*Contact:*

**Kathy Wallace**

**(570) 207-9199**

*Meeting Place:*

**Same as above**

*Meeting Day(s)/Meeting Time:*

**2nd Monday of month; 6:30 p.m.**

*Last Updated:*

**11/15/06**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **UPLAND**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
P.O. Box 127, Morton, PA 19070

*Contact:* **(215) 545-2242; phillysos@hotmail.com**  
**OR phillysos.tripod.com**

*Meeting Place:* **Crozer-Chester Medical Center**  
One Medical Ctr Blvd., Upland, PA 19015

*Meeting Day(s)/Meeting Time:* **3rd Tuesday of month; 7:30 p.m.**

*Facilitated by:* **Peer**

*Charge & Newsletter:* **No; Yes**

*Counties Served:* **Tri-State Delaware Valley**

*Last Updated:* **4/12/06**

## **WARRINGTON**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
P.O. Box 127, Morton, PA 19070

*Contact:* **Nancy Heacock, (215) 545-2242**  
**phillysos.tripod.com**

*Meeting Place:* **St. Paul's United Methodist Church**  
2131 Palomino Drive, Warrington, PA 18976

*Meeting Day(s)/Meeting Time:* **2nd Tuesday of month; 7:30-9:00 pm**

*Facilitated by:* **Peer**

*Charge & Newsletter:* **No; Yes**

*Counties Served:* **Bucks County**

*Last Updated:* **8/2/07**

## **WILLOW GROVE**

*Group Name & Mailing Address:* **"Recovery from Suicide Loss Support Group"**  
**SOS (Survivor of Suicide Support Group)**  
P.O. Box 127, Morton, PA 19070

*Contact:* **Rodica Mihalis, (215) 545-2242**  
**phillysos.tripod.com or phillysos@hotmail.com**

*Meeting Place:* **New Directions**  
404 Davisville Road, Willow Grove, PA 19090

*Meeting Day(s)/Meeting Time:* **Last Saturday at 1:00 p.m.**

*Facilitated by:* **Peer**

*Charge & Newsletter:* **No; Yes**

*Counties Served:* **Montgomery**

*Last Updated:* **2/29/08**

# **SURVIVORS OF SUICIDE: *Support Groups, PA***

## **WILKES-BARRE**

*Group Name & Mailing Address:* **Suicide Bereavement Support Group  
Catholic Social Services**  
33 East Northampton St., Wilkes-Barre, PA 18701

*Contact:* **Denise Rowinski,**  
**(570) 822-7118 Ext. 307**

*Meeting Place:* **Catholic Social Services (co-sponsor)**  
33 East Northampton Street  
Wilkes-Barre, PA

*Meeting Day(s)/Meeting Time:* **1st & 3rd Thursday of month; 7-8:30p.m.**  
*(Except agency holidays)*

*Facilitated by:* **Professional**

*Charge:* **No**

*Newsletter:* **No**

*Counties Served:* **Luzerne, Wyoming; all are welcome**

## **YARDLEY**

*Group Name & Mailing Address:* **SOS (*Survivor of Suicide Support Group*)**  
37 Walnut Lane  
Yardley, PA 19067

*Contact:* **Bette Coatsworth**  
**(215) 736-1643 or (215) 295-1623**

*Facilitated by:* **Peer**

*Meeting Day(s)/Meeting Time:* **1**

*Charge:* **No**

*Newsletter:* **No**

## **SURVIVORS OF SUICIDE: *Support Groups, NJ***

### **BARNEGAT**

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
**St. Mary's Church**  
747 West Bay Ave, Barnegat, NJ 08005

*Contact:* **Rectory, (609) 698-5531**

*Meeting Day(s)/Meeting Time:* **4th Wednesday, 7:00 – 9:00 PM**

*Facilitated by:* **Ettye Hurley, RN, CGC**

### **SOMERDALE**

*Group Name & Mailing Address:* **Friends and Families of Suicide**

*Meeting Place:* **Our Lady of Grace Church**  
35 N. White Horse Pike (AKA Rt. 30)  
Sommerdale, NJ

*Meeting Day(s)/Meeting Time:* **2nd Tuesday each month at 7:45 PM**

*Facilitated by:* **Tracy Toner (215) 462-9299 &**  
**Barbara Gunderson (856) 307-0331**  
*(Enter through the basement by front steps)*

### **TRENTON**

*Group Name & Mailing Address:* **SOLAS (Sharing Our Loss After Suicide)**

*Meeting Place:* **St. Francis Medical Center**  
601 Hamilton Avenue, St. Clare Hall  
Trenton, NJ 08629

*Meeting Day(s)/Meeting Time:* **Meets Monthly**

*Facilitated by:* **Barbara Rubel**  
**(732) 422-0400**

## **SURVIVORS OF SUICIDE: *Support Groups, DE***

*Group Name & Mailing Address:* **SOS (Survivor of Suicide Support Group)**  
**First Unitarian Church**  
430 Halstead Road  
Sharpley, Wilmington, DE

*Contact:* **Mental Health Assoc. in Delaware**  
**(302) 765-9740**

*Meeting Place:* **Wilmington**

*Meeting Days/Times:* **1st, 3rd and 5th Mondays**

## FOOTNOTES

1. American Foundation for Suicide Prevention; *Survivors of Suicide Information Guide*.
2. *The Tender Leaves of Hope*; Quinnett, Paul; The Crossroad Publishing Co.
3. National Mental Health Association.
4. **SAVE:** Suicide Awareness Voices of Education, website; **[www.save.org](http://www.save.org)**.
5. American Foundation for Suicide Prevention; *Survivors of Suicide Information Guide*.
6. American Association of Suicidology; *Survivors of Suicide – Coping with the Suicide of a Loved One*; 1993.
7. American Foundation for Suicide Prevention; *Survivors of Suicide Information Guide*.
8. American Association of Suicidology; *Survivors of Suicide – Coping with the Suicide of a Loved One*; 1993.
9. *Mourning After Suicide*; Lois Bloom; The Pilgrim Press, 1986.
10. American Association of Suicidology; *Survivors of Suicide – Coping with the Suicide of a Loved One*; 1993.

Please don't hesitate to contact us if you would like more information, would like to schedule a suicide prevention training or are interested in becoming a volunteer. You may either e-mail us at:

**[info@feelingblue.org](mailto:info@feelingblue.org)**

or call us at:

**484-580-8049.**

If you would like to make a donation,  
kindly send your tax-deductible check or money order to:

**Feeling Blue Suicide Prevention Council**

PO Box 7193

Radnor, PA 19087

*The Only Balm for One Soul's Misery is the Comfort of Another Soul.*