

"Focus on Life" Thoughts for the soul-



"Life is full of unexpected suffering. Muster all your strength and courage with perseverance and hope to get through this difficulty; allow others to help."

Speaker Judith T. Won Pat, Ed. D.,
Mom, Educator, Legislator-
Husband died by suicide



"Use your voice; tell your story. Choose to succeed in life and overcome controversy and doubt."

Rico L. Sablan
Cultural Dancer Pa'A Taotao Tano-
Father Died by suicide



"It's all about the big picture
Live to tell your story"

Aleta Borja
Lead Actress-Shiro's Head, Model-
Brother died by suicide

TALK TO SOMEONE *"Help is Available"*

LOCAL AGENCIES:

Department of Mental Health and Substance
Abuse 24 Hour Crisis Hotline
(671) 647-8833

I Pinangon, University of Guam Campus Suicide
Prevention Program
(671) 735-2888/9

Life Works Guam: Suicide Prevention Program
and Rainbows for all Children on Guam
(671) 632-0257

Sanctuary, Incorporated of Guam
24 Hour Crisis Hotline
(671) 475-7100

Local Emergency 911

SUPPORT GROUP:

Survivors of Suicide Support Group
(671) 477-9079-83
(671) 477-8861-63
www.peaceguam.org

NATIONAL ASSISTANCE:

24 Hour National Suicide Prevention Lifeline
1-800-273-TALK
(1-800-273-8255)

24 Hour Teen Suicide Hotline
(1-800-552-8336)

24 Hour Youth Crisis Hotline
(1-800-843-5200)

You Are Not Alone...



Finding Strength and Courage to Live

SURVIVING AND COPING WITH SUICIDE



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Surviving After Suicide

Although we all experience difficult times, there are moments that seem impossible to deal with. If you have lost someone to suicide, it is important for you to know that you are not alone and that there are people to provide support to you.

Survivors often experience mixed reactions of grief with beliefs that they cannot move on.

COMMON REACTIONS OF GRIEF:

Shock: The feeling of numbness, confusion, and trouble concentrating.

Depression: changes in sleeping and eating patterns, lack of energy, and intense sadness.

Anger: Towards self, family, and friends

Stressed/Anxiety: Being displeased about daily routines and feeling lonely or sad.

Regrets: Feeling guilty and thinking, "If only I had..."

Behavioral Changes: Living conditions and personal appearance become poor.

Isolation: withdrawing yourself from family and friends.

Understanding GRIEF:

Grief: is a normal process in life when losing a loved one.

Grieving is the first step in the healing process and wellbeing.

COPING WITH SUICIDE

Some helpful guidelines:

- Talk with a family member, close friend, or health care provider. Take the initiative to talk about the suicide and tell them how you feel so that they may understand.
- Keep in contact with friends and loved ones and update yourself with what is happening in your environment and community.
 - Keep in mind that everyone is different and grieve at their own pace. There is no rush to heal or forget. It takes time!
 - Some people find it easier to find comfort within their religious beliefs or spiritual activities.
- Although anniversaries, birthdays, and holidays may be difficult to cope with, you may want to think about continuing traditions or keeping the spirit of the occasion alive.
- Take care of your own well-being by seeking professional help.
- Remind yourself to take it one day at a time. Be good to yourself; when you are ready to begin the journey of the healing process you will find joy in life again.

HELPING YOUR CHILDREN COPE:

Children are vulnerable and may feel abandoned or guilty. Listen to them and provide them age appropriate answers.

You may seek professional advice on ways to explain suicide to your children.

Here are some suggestions:

- Tell them as soon as you have the news in a comfortable setting environment.
- Reassure them that death is not theirs or anyone else's fault.
- Let them know that you will not abandon them.
- Try to stick to your child's daily routines.
- The most powerful gift that you can give to your child is love and support.

COMFORTING A SURVIVOR OF SUICIDE:

What Not To Say . . .

Do not push your way in and cutoff the person from talking.
(Why can't you just tell me how you are feeling?)

Don't be surprised by the intensity of their feelings.
(Don't cry like that, time will go by.)

Avoid providing simple solutions.
(I think about those around you.)
or
(There are other things worth living for.)

Don't be a judge in their spiritual faith.
(There is a reason for everything. "Just pray and everything will get better")

Don't say: "I know how you feel"

What To Say . . .

Be patient, listen, and understand with your heart
(How was your day?)

Familiarize yourself with the grieving process
(Could I be of any assistance to you?)

Holidays, Anniversaries, Birthdays
(Mention their loved ones name acknowledging that you have not forgotten about them)

Join in the caring –Be a part of the support group
(I'll join you and I will be here for you!)

Do say: "Your loved one is never forgotten and it isn't your fault"

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