



# SOLACE

A Publication for Survivors of Suicide  
Sponsored by the Alachua County Crisis Center  
218 S.E. 24<sup>th</sup> Street, Gainesville, FL 32641  
(352) 264-6789



December, 2005

Volume III, Issue 6

## Site for Prayer and Meditation Dedicated to Survivors of Suicide at Cofrin Nature Park

On Saturday, November 19<sup>th</sup>, designated as National Survivors of Suicide Day, members of the Survivors of Suicide Support Group as well as staff from the Crisis Center, representatives of Friends of the Crisis Center, Gainesville Mayor Pegeen Hanrahan and Alachua County Commission Chairperson Lee Pinkoson gathered at the Cofrin Nature Park for a ceremony to dedicate a portion of the park as a site for contemplation for survivors of suicide.

The land that is now the Cofrin Nature Park, located at 4810 N.W. 8<sup>th</sup> Avenue, was the childhood home of Gladys Cofrin, who has worked as a counselor at the Alachua County Crisis Center since 1980. When the thirty acres were sold to the City and County to create the park, Ms. Cofrin requested that a portion be set aside, devoted to survivors of suicide. It is hoped that the site will provide a retreat area, a setting where survivors can come to find comfort.

Located beside Beville Creek, which meanders through the property, the sound of trickling water can be heard from the path that runs next to the still undeveloped site. Gerry MacDaid, Chairman of Friends of the Crisis Center, stated that funds have been set aside by his organization to help with development of the area. It is anticipated that some of the scrub will be cleared, the path extended, and benches installed, to create a refuge for survivors.



During the ceremony, several persons in the group spoke briefly of their loss of a spouse, a child, or a sibling to suicide, losses that have continued to impact their lives. Crisis Center Director Marshall Knudson stated that since the inception of the Alachua County Crisis Center thirty-five years ago, close to one million persons in the United States have taken their own lives. He noted that each death leaves behind multiple persons who struggle with the loss. In Alachua County alone, which experiences over thirty suicides each year, there are now thousands of suicide survivors. Dr. Knudson expressed his hope that the memorial park will provide survivors with "a place for contemplation, meditation, and prayer . . . a place for solace."

### The Healing Qualities of Nature - Part I©

Kirsti A. Dyer, MD, MS, FAAETS

There is a healing quality to nature, which has been known for centuries be it taking time to smell the roses, meditating on a mountain, lying in a wildflower field, strolling by a meandering stream, or hiking in ancient redwood groves. Hippocrates, the father of modern medicine, recognized this powerful attribute in his humbling statement:

Nature cures—not the physician.  
Hippocrates

People instinctively turn to outdoor and nature-loving activities as a way of relaxing and enhancing their well-being. Nature can aid in facilitating self-awareness and promoting healing. For many the outdoors is a source of inspiration, solace, guidance and regeneration.

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Time spent outdoors can be restorative and healing. Whether running through a canyon, walking on the sunny beach, hiking through a fern-filled forest, scrambling over rocks along a creek side, watching the last few rays of the setting sun, strolling along a moonlit night, or just sitting breathing fresh clean air, being out in nature is one of the best prescriptions for overall health and encouraging healing.

Above all, do not lose your desire to walk.  
Every day I walk myself into a state of well being,  
and walk away from every illness.  
I have walked myself into my best thoughts,  
and I know of no thought so burdensome  
that one cannot walk away from it.  
Søren Kierkegaard

Nature provides us with a multitude of ordinary, reaffirming and renewing experiences—the sound of the first bird of spring, the sight of the early morning sun, the smell of ocean mist, or the feel of sand in between toes.

One has to be alone, under the sky,  
Before everything falls into place and one finds  
his or her own place in the midst of it all.  
We have to have the humility to realize ourselves as part  
of nature.  
Thomas Merton

Being in nature one becomes aware of the infinite circle of life. There is evidence of decay, destruction and death; there are also examples of rejuvenation, restoration, and renewal. The never-ending cycle of birth, life, death and rebirth can put life and death into perspective and impart a sense of constancy after experiencing a life changing loss or a death.

Yea, I am one with all I see,  
With wind and wave, with pine and palm;  
Their very elements in me  
Are fused to make me what I am.  
Through me their common life-stream flows,  
And when I yield this human breath,  
In leaf and blossom, bud and rose,  
Live on I will....  
There is no Death.  
Robert Service

The many unending cycles of nature provide real-life examples of hope after a loss and of rebirth following death and/or destruction illustrating that loss is part of life. Nature reminds us that time stops for no one. The earth rotates around the sun. The sun sets on one day, only to rise again on a new day. Spring returns after the dark clouds of winter. Sunny days of summer follow the spring rains.

Sad soul, take comfort nor forget,  
The sunrise never failed us yet.  
Celia Laighton Thaxter

The constancy of the seasons provide some stability when everything else may be crumbling. In the darkest of times, memories of better times—past winters melting into spring can sustain us and provide hope—that happy spring days filled with joy will once again emerge out of the gloom of winter.

Like a crocus in the snow,  
I stand knee-deep in Winter  
Holding Springtime in my heart.  
Joan Walsh Anglund

During the abundant dark days and difficult times that inevitably follow a significant loss, the grieving can utilize the ever-present power of nature for healing. Sometimes just simple words and unassuming imagery can serve as reminders of the strong natural forces around us and evoke the internal forces that exist deep within us. If the bereaved are able to look beyond their grief and become aware of the remarkable earth around us, these inner forces may surface and help provide them with the strength to survive the loss.

In the depths of winter,  
I finally realized that deep within me  
there lay an Invincible Summer.  
Albert Camus

Nature's Healing Forces

Nature has strong regenerative capabilities to heal damage caused by fire, lightening, flood, earthquakes or blights. Looking closely amidst the ruins of fire or flood affected areas one can find signs of new growth and new life. Nature demonstrates the ability to survive despite strong forces that challenge her.

If you watch how nature deals with adversity,  
continually renewing itself,  
you can't help but learn.  
Bernie Seigel, MD

In May 1980 Mount St. Helen's erupted destroying an area 24 square miles. Scientists predicted the region would remain a dead zone for decades to come. Yet, only five years later after this natural devastation, a lupine bloomed at the base of the mountain, as a testimony to the tenacity and the regenerative forces of nature.

Nature is always lovely, invincible, glad,  
Whatever is done and suffered by her creatures.  
All scars she heals,  
whether in rocks or water or sky or hearts.  
John Muir

The giant sequoia trees have adapted to withstand fires by becoming fire-resistant. Black scars on the tree trunks serve as reminders those that have survived fire and lightening strikes. Fire is also a part of the sequoia's life-cycle. Natural fires are needed to open up the forest, thin out the competing species and make way for the new seedlings.

Earth has no sorrow that earth cannot heal.  
John Muir

Nature's healing forces can serve as powerful recuperative images for those who have experienced a death or other significant loss. Images of the rebirth in nature can be useful as symbols for the strong internal forces, bringing hope of surviving the loss. From monumental newsworthy events to ordinary insignificant occurrences, one can witness the incredible destructive power and the amazing healing capabilities of nature and be reminded that:

Nature is the one place where miracles  
not only happen,  
but they happen all the time.  
Thomas Wolfe

Nature as a Therapist

It is such a secret place,  
the land of tears.  
Antoine de Saint-Exupéry

Nature can become a place of refuge for difficult times. When life stresses start closing in, one can escape to the wilderness physically or mentally. Being in nature helps to clear one's head of life's demands and disruptive thoughts. This clarity of thought may lead to finding answers to life's questions and discovering insights to life problems.

Look deep, deep into nature, and then  
You will understand everything better.  
Albert Einstein

Raising our conscious awareness and tuning into nature, we can begin to tap into her abundant healing powers. Nature can be utilized as an ever-present trusted therapist to assist in the healing journey, a source of solace, and a close friend who is always ready listen to share our grief and our tears during hard times. Nature can provide a place one can turn to in times of deep sorrow, a place to stretch the legs.

When we need these healing times,  
there is nothing better than a good long walk.  
It is amazing  
how the rhythmic movements  
of the feet and legs  
are so intimately attached  
to cobweb cleaners in the brain.  
Anne Wilson Schaeff

Many of us find it difficult to see the blue skies beneath the passing gray storm clouds. It is true that if one hopes to see the rainbow, one must first live

through the rain. Writer, speaker and author Helen Keller, who faced life being both visually and hearing challenged, shared her optimistic perspective on dealing with dark times:

Keep your face to the sunshine  
and you cannot see the shadow.  
Helen Keller

In nature one can discover many tangible, examples of powerful, natural imagery. Putting into words, verbally or in writing, the ordinary natural processes of the life cycle gives the grieving symbolism for rebirth and faith in the future. These images can help to instill hope in overcoming adversity and surviving loss.

Expect to have hope rekindled...  
The dry seasons in life do not last.  
The spring rains will come again.  
Sarah Ban Breathnach

Grief descends like a winter snowstorm, covering everything in sight, in a mind-numbing blanket of sorrow. When a life-changing loss occurs, it is as if one has entered an eternal state of winter. Yet, the seasons that change year after year serve as constant reminders that nothing is permanent. After the long winter come the warm days of spring to melt away the enshrouding white blanket of grief. The once white landscape is altered turning into bright fields of multi-hued wildflowers, as the lands and animals awaken from their long winter's sleep into springtime as if to tell us that:

Grief melts away  
Like snow in May,  
As if there were no such old thing.  
George Herbert

Another effective nature imagery scene for dealing with loss is to envision a mountain of grief that must be climbed. The journey up the mountain begins with one small step, followed by another and another, until somehow, with time, the grieving ascend the mountain and reach the summit. Ultimately, those who reach the top of the mountain of grief do it by taking step after painful step.

What saves us is to take a step,  
then another step.  
It is always the same step,  
but we have to take it.  
Antoine de Saint-Exupéry

In the process fears about the climb, hopes about reaching the end of the journey, at first seemed insurmountable; but they are met and conquered. Coping with loss, it is our own internal grief response which must be faced. Sir Edmund Hillary, who climbed Mount Everest, points out:

It is not the mountains we conquer,  
but ourselves.  
Sir Edmund Hillary

or a variation on this quote:

You never conquer a mountain.  
Mountains can't be conquered;  
you conquer yourself  
your hopes, your fears.  
Jim Whitaker

Healing from Loss & Grief

I drop my head in my so empty hands  
abandoning myself to deep dark grief  
and know that with the passing time  
will come relief.  
Norah Leney

During the healing phase of grief, the bereaved need to be reminded by those close to them, of all they have endured, commended for the monumental effort to face the pain from the loss and admired for coping with the intense, internal struggles.

I never knew a night so black  
Light failed to follow on its track.  
I never knew a storm so gray  
it failed to have it's clearing day.  
John Kendrick Bangs

With many losses, the pain never entirely departs, rather it becomes a part of the bereaved, tucked away in a corner somewhere in the deep recesses of the heart. There it remains at a constant low level ache. As one begins the healing process, the pain lessens to a level that he/she can function. Hopefully in time, the loss and the grief are integrated and become barely perceptible. Life begins anew, but it is a life forever changed. The bereaved person has been transformed by the loss—like a caterpillar spinning a cocoon to hibernate during dark times before emerging as a butterfly in the spring. The grieving process usually ends when people realize that they will survive and focus their energy on living.

He'd begun to wake up in the morning  
with something besides dread in his heart.  
Not exactly happiness,  
not eagerness for a new day,  
but a kind of urge to be eager,  
A longing to be happy.  
Jon Hassler

The recovery phase begins slowly piece by piece.

Piece by piece I re-enter the world.  
A new phase,  
a new body,  
a new voice.  
Birds console me by flying,  
Trees by growing,  
dogs by the warm patch they leave on the sofa,  
unknown people merely by performing their motions.  
It's like a slow recovery from a sickness,  
this recovery of one's self.  
Tony Talbot

Elements of nature can aid in the healing process providing hope where there appears to be none, knowing that the dawn follows the darkness, sunny skies emerge after storms and spring follows winter.

We must live through the dreary winter  
If we would value the spring;  
And the woods must be cold and silent  
Before the robins sing.  
The flowers must be buried in darkness  
Before they can bud and bloom,  
And the sweetest, warmest sunshine  
Comes after the storm and gloom.  
Anonymous

Reprinted with permission of the author from the Journey of the Hearts website: <http://www.journeyofhearts.org/joh/healing/nature>.

### Looking for a quiet spot in Gainesville?

In addition to the Cofrin Nature Park, the following parks provide an oasis in the middle of the city, just a short drive from anywhere:

- Bivens Arm Nature Park - 3650 S. Main Street
- Ring Park - 2424 N.W. 23<sup>rd</sup> Blvd.
- Morningside Nature Center - 3540 E. University Ave.
- The Devil's Millhopper - 4732 Millhopper Rd.

Have more time to spend? Drive a little further and the following parks can provide solitude as well as solace:

- Oleno State Park - 5 miles west of High Springs
- Ichetucknee State Park - 4 miles west of High Springs
- San Felasco Hammock - Just east of I-75 on SR 232

## Managing the Holidays

It's that time of year. "The Holidays" draw near once again. And for those of us who have experienced the death of a loved one to suicide, we await the holidays with mixed emotions. We are fearful that we will be overcome by unmanageable feelings of sorrow and loss, or by an exacerbation of accompanying feelings of anger or of guilt. We dread potentially uncomfortable social situations such as parties and gatherings attended by insensitive persons. We desire positive memories of past holidays shared with our deceased loved ones, yet we worry that joyful memories will become painful ones. As we are assailed with invitations by loving friends and family, we feel confused and torn. We do not wish to hurt others in our decision-making, yet we know we must also protect and care for ourselves. How can we plan for the approaching holidays in a manner that will lead to the highest probability that we will have calm and peaceful, warm and loving observances?



To ensure the least pain and the highest probability of joy during the holidays, it is important for us to actively plan for the holidays. We must be introspective, examining ourselves - our current emotional state, our strength and stamina (both physical and emotional) - and plan accordingly. If we are feeling particularly fragile, we may wish to limit our activities. If we are feeling strong and positive, we may wish to plan new activities. But we must always remember that there is no "right way" to observe the holidays. There may be old ways, old traditions, that felt right in the past, but, as we have learned, what was right and what felt right "before" may no longer feel right or be right for us now. We must navigate slowly and carefully as we continue our journey through the holiday season.

Following are some suggestions for how to survive the holiday season, whether your grief is young or you have been living with it for some time. Each suggestion may not work for you - in fact none of the suggestions may work for you. But pondering the suggestions provided below may trigger thoughts and ideas of what will work for you.

- Discuss your feelings with family members. Address the desires and concerns of persons involved in previous holiday gatherings and celebrations. Expect that there may be differences in desires, and be prepared to talk through each person's feelings.
- Make your feelings known to those who are close to you. Friends and family cannot be sensitive to your wishes if they do not know what they are.
- Expect that there will be pain. Knowing that pain is unavoidable to some extent can allow you to accept it when it arises and to move on.
- If holiday celebrations previously took place in your home or you previously were responsible for planning or creating the holiday activities, e.g., decorating, cooking, shopping, etc., give yourself permission to pass on such involvement this year. Someone else can accept responsibility for cooking and cleaning and decorating.
- Should you desire to continue to be actively involved in traditional holiday activities, consider scaling them down this year, e.g., invite fewer people, hire a caterer and/or a cleaning service, buy sweets from a bakery instead of baking them yourself, etc.
- Give yourself permission if necessary to refrain from attending holiday gatherings, whether of friends or of family. It may be too painful to be with others in such a setting this year.
- Should you decide to attend holiday gatherings, consider taking your own car instead of riding with others. That way you can leave if feelings become overwhelming and you need to "escape."
- Determine if there are those with whom you feel close and comfortable and with whom you can spend time alone or in small groups during the holidays. While escape is sometimes desirable, continuing to connect with others and being around others who can support you is also important. Perhaps these individuals can help you create new holiday traditions. Perhaps you can spend time with them even if there are no "holiday accouterments" present and no new holiday traditions are created. A quiet meal at home or out might suffice.
- Create new holiday traditions or rituals that include the memory of your loved one. For example, create a time during gatherings for family and friends to share memories of your loved one; Hang a Christmas stocking and ask others to write down a special memory that can be placed in the stocking and read together at an appointed time; Plant a poinsettia, a small Christmas tree, or other type of plant on the grave at Christmas; Hang a wreath on the grave marker; Create Christmas tree ornaments that celebrate the life of the loved one - perhaps including photographs; Leave an empty plate at the table in honor of your loved one; Light a candle in memory of the person who died.
- Go away during the holidays. Choose a place that you've never been, that will not have inherent in it memories of your loved one that might be difficult to handle - Or travel to some place that was important to you and your loved one, some place that will bring you good memories, joyful memories.
- Change your routine - Attend religious services at a different time and/or attend a different church or synagogue; Host the holiday meal at a restaurant instead of at home; Have a holiday dinner instead of a luncheon; Serve the holiday meal as a buffet instead of a sit-down meal; Serve the meal in a different room; Open presents Christmas Eve instead of Christmas day, or vice versa.
- Don't let yourself be overly sensitive to the normal actions of people during the holiday season. It is natural for people to wish each other Merry Christmas, Happy Chanukah, and Happy New Year. Most people would be distressed to know that their words or actions had inadvertently hurt you. Try not to feel hurt if someone's words are unwittingly painful.
- Shop by mail or over the internet to avoid the commercialism and forced gaiety of the retail establishment during the holiday season. If you must go out, shop early.
- Do something for someone else during the holidays - Visit someone in a nursing home or hospital; Collect toys for needy children; Cook a meal at the local homeless shelter; etc.
- Cry when you feel like it - without feeling embarrassed, no matter where you are when the tears arrive! Laugh if you feel like it - without feeling guilty!
- Talk about your loved one if you wish. Spend time with friends or family members who will allow you to share memories, and who will share their memories as well.



- Attend religious services. Use the occasion to find solace in your beliefs. In many communities various churches and synagogues have special holiday services dedicated to the memory of loved ones who have died. Consider attending one of these holiday memorial services.

Holiday times can be very draining physically and emotionally, even during the best of times. Spend time alone with yourself, at home, outdoors, in a house of worship, etc. Be gentle with yourself. Give yourself permission to feel, whether you are feeling grief, sadness, anger, joy, etc. Take care of yourself physically - eat well and sleep well. And, importantly, monitor yourself and be flexible, prepared to make on-line changes to plans if necessary.

~~~Donna Watson Lawson

Reprinted from December, 2005 issue of Solace



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## After Suicide: A Unique Grief Process How to Help Yourself



Learn all you can about the causes of suicide; it will help you understand what happened and why. Information can be obtained from libraries, crisis centers, mental health centers, and funeral directors.

Learn all you can about what to expect during your grief-recovery process. Many good books on grief are available in addition to literature from the sources listed above.

Realize that:

- It may take a long time to recover; you will never forget, never again be the same person, but you can find life to be meaningful.
- Your need to search for meaning is justified and the search is necessary. It is mental and verbal replay of events which begins to make order of the events. This is not "a morbid dwelling on the grisly details" but an action which examines, interprets, and gains insights.
- You may dread anniversaries, but apprehension may be worse than the actual day's arrival.
- Searching for the deceased is normal; it affirms physical absence. Once the searching instinct is satisfied, we often find we still have the relationship but on a different level. Somehow, in releasing grief, we may find our loved one, as did C.S. Lewis in *A Grief Observed*.

Find a way to express anger constructively. Anger is natural and justified. The person did leave you with old and new burdens to handle alone. That's not saying it was right or wrong - but only that it happened and you are angry about it.

Understand the guilt. Don't be afraid to face it, admit it, and explore it - that's the only way to resolve it. You can't cement over a volcano and expect it to stop boiling. The same is true of guilt. Denying guilt does not make it disappear; it continues to churn inside. Denial retards healing. It is not validity of guilt which is important at this time but simply how you feel.

Consider that holding on to guilt may be a way of controlling things. For example, "I can't control or prevent suicide from happening but I can control how I feel, and by golly, I'm going to feel guilty." Guilt may be used as an excuse to keep from changing or doing something about the situation. Guilt can also become a habit. Sometimes guilt can be a way of gaining approval: "See how

good I am - I'm feeling guilty." Most of us are willing to throw off the guilt once we have suffered enough, but why wait - lay out your guilt and take a painfully honest look at it. Perhaps there is some validity to your feelings. If so, admit it to others or to God if that is helpful to you. Confession may be the catharsis you need to begin healing. Again, it's your need which is important - not determining the "right or wrong" of that need.

Don't be afraid to express grief and emotions. Grief is emotional and is the natural reaction to a significant loss. Find a time or place where you can cry and make use of it. Plan a time to cry and do it. It also helps to talk about the loss, experience it, and perhaps write about it. Believe that in due time the painful reliving will give way to pleasant memories.

Tell people when you need to talk or cry. Ask them to be understanding, to mention your loved ones name, to recall events and his/her characteristics. You need time to grieve and the supportive comfort of others when you do. Let them know that you need them.

Claim your right to grieve. It is your loss, and you must grieve if you are to heal. Reliving and experiencing the pain of grief is something akin to childbirth pain. You know you must suffer through it in order to gain the relief and joy beyond. With each grieving episode, the pain becomes less intense, of shorter duration, and less frequent. To lose your right to grieve is to suffer yet another loss.

Learn to recognize defense mechanisms so you can tell when you are using them. Listen to yourself to see if you are denying, being realistic, making excuses or justifying. Examine your own attitudes objectively.

Allow yourself to be concerned, but not overly concerned, with the "right or wrong" of the event - the "all black or all white" of the nature of things. You need to exercise a certain amount of proclaiming that "it was wrong" or "this is right," but don't allow yourself to fall into the copping-out game of placing individual blame or making excessive judgments. That will eventually hurt you and others even more. Rather, direct your energy to learning, growing, and finding a newer and richer meaning in the lives of others as well as your own. Refuse to let that death be for nothing.

Betsy Ross, 1984

How strange that we should ordinarily feel compelled to hide our wounds when we are all wounded! Community requires the ability to expose our wounds and weaknesses to our fellow creatures. It also requires the ability to be affected by the wounds of others...But even more important is the love that arises among us when we share, both ways, our woundedness.

~~ M. Scott Peck~~  
A Different Drum

Scott Peck died on September 25, 2005.  
He was 69.

### From the Editor

Welcome to Solace, the newsletter for Survivors of Suicide sponsored by the Alachua County Crisis Center. Solace is defined as "comfort or consolation in times of distress." Via this newsletter as well as the bimonthly Survivors of Suicide support group, we strive to provide all survivors of suicide - individuals who have been touched in any manner by suicide - with comfort, support, and information. Each suicide death leaves multiple survivors, individuals who must deal with their grief while also dealing with a myriad of other overwhelming feelings, such as guilt, anger, confusion, shame, hurt. One's ability to cope may also be confounded by the responses of friends, family members and others in the community - well-meaning people who may say hurtful things or place unrealistic expectations upon survivors, or who may deny the event in its entirety. As a result, survivors are typically overwhelmed and frequently feel very much alone. This is the hardest thing you'll ever have to do. Be patient with yourself. Though you may not think so now, you can survive. We hope that this newsletter will help you in your journey. And we hope you will consider joining us in the support group, to receive the comfort, understanding, and encouragement that connection with fellow survivors can provide. You are not alone! We'd like to help.

We invite you to give us feedback, to tell us what additional information you would like to see addressed, and to share with us your experiences along the way via poems and other writings. This newsletter is for you, for us, survivors all, to help us in our journey. You may contact us at the following: Send writings to or contact Donna Lawson at P.O. Box 140009, Gainesville, FL 32614, [solaceacc@att.net](mailto:solaceacc@att.net).

Donna Watson Lawson

I wish that there were some wonderful place  
called "The Land of Beginning Again,"  
Where all our mistakes and all our heartaches  
and all our poor selfish grief  
Could be dropped like a shabby old coat at the door  
and never be put on again.

~ Louise Fletcher Tarkinton ~

## Survivors of Suicide Support Group



The Survivors of Suicide Support Group meets the first and third Wednesday of each month from 6:30 to 8:30 p.m. at the Alachua County Crisis Center, 218 S.E. 24<sup>th</sup> Street in Gainesville. We, the survivors, have lost husbands and wives, brothers and sisters, sons and daughters, mothers and fathers, other relatives and friends. All persons who have been touched by suicide are invited to attend support group meetings as little or as often as you wish. For additional information about the group, please call Marcia Brant, group facilitator, at 264-6789.

Solace is now on line!

Solace (current and past issues) can now be read on-line, as a link from the Alachua County Crisis Center web site:

[http://crisiscenter.alachua.fl.us/Survivors\\_of\\_Suicide.html](http://crisiscenter.alachua.fl.us/Survivors_of_Suicide.html)

### The Crisis Center

The Alachua County Crisis Center provides a variety of services to assist persons experiencing life crises, including persons contemplating suicide or persons who have suffered the death of a friend or family member due to suicide. Services include:

- Crisis Line - a 24-hour telephone crisis intervention and counseling service. Phone counselors are always available.
- CARE Team - an emergency mobile outreach team which responds to people in crisis whenever face-to-face contact is essential, for example when suicide and life-threatening situations occur.
- Crisis Counseling - Short term crisis counseling is offered during regular business hours by appointment or on an emergency walk-in basis.

We urge anyone struggling with the death of a loved one by suicide to utilize the services of the Crisis Center:

Crisis Center  
218 S.E. 24<sup>th</sup> Street  
Gainesville, FL 32641

Crisis Line 264-6789  
Business Line 264-6785



● 24 Hours A Day ●

## References/Links



### Organizations

American Association for Suicidology  
4201 Connecticut Avenue, Suite 408  
Washington, D.C. 20008  
(202) 237-2280; (202) 237-2282 fax  
[www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention  
459 Blanton Road, N.W.  
Atlanta, GA 30342  
(404) 257-9415  
[www.afsp.org](http://www.afsp.org)

Compassionate Friends  
National Headquarters for Bereaved  
Parents and Siblings  
P.O. Box 3696  
Oak Brook, IL 60521  
(708) 990-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

The Dougy Center - The National Center for Grieving  
Children and Adolescents  
P.O. Box 86852  
Portland, OR 97286  
(503) 777-3097  
[www.grievingchild.org](http://www.grievingchild.org)

Florida Suicide Prevention Coalition (FSPC)  
26 Cole Place  
Palm Coast, FL 32137  
386-446-4690  
386-447-0938  
[www.floridasuicideprevention.org](http://www.floridasuicideprevention.org)

Friends for Survival, Inc.  
P.O. Box 214463  
Sacramento, CA 95821  
(916) 392-0664  
[www.friendsforsurvival.org](http://www.friendsforsurvival.org)

National Resource Center for Suicide Prevention and  
Aftercare  
The Link Counseling Center  
348 Mt. Vernon Highway, N.E.  
Atlanta, GA 30328  
(404) 256-9797; (404) 256-3483  
[www.thelink.org](http://www.thelink.org)

Suicide and Mental Health Association International  
P.O. Box 702  
Sioux Falls, SD 57101  
<http://suicideandmentalhealthassociationinternational.org>

Suicide Awareness\Voices of Education (SA\VE)  
P.O. Box 24507  
Minneapolis, MN 55424  
(612)946-7998  
[www.save.org](http://www.save.org)



### Books

- Baugher, Robert and Calija, Marc, A Guide for the Bereaved Survivor. Caring People Press, 2002.
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. . . The cup of life is the cup of joy as much as it is the cup of sorrow. It is the cup in which sorrows and joys, sadness and gladness, mourning and dancing are never separated. If joys could not be where sorrows are, the cup of life would never be drinkable. That is why we have to hold the cup in our hands and look carefully to see the joys hidden in our sorrows  
. . .

. . . As we gradually come to befriend our own reality, to look with compassion at our own sorrows and joys, and as we are able to discover the unique potential of our way of being in the world, we can move beyond our protest, put the cup of our life to our lips and drink it, slowly, carefully, but fully. . .

. . . Drinking our cup is a hopeful, courageous, and self-confident way of living. It is standing in the world with head erect, solidly rooted in the knowledge of who we are, facing the reality that surrounds us and responding to it from our hearts. . .

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