

I Don't Know Why

*I don't know why
I'll never know why
I don't like it.
I don't have to like it.*

*What I do have to do is to make a
choice about my living.*

The choice is mine.

*I can go on living, valuing every
moment in a way I never did before,
or I can be destroyed by it and in
turn, destroy others.*

*I thought I was immortal
That my family and my children
were also. That tragedy happened
only to others. But I know now
that life is tenuous and valuable.*

*So I am choosing to go on living,
making the most of the time I
have, valuing my family and friends
in a way never possible before.*

Iris Bolton

*From My Son...My Son...A Guide to Healing
After Death, Loss, or Suicide*

(Used With Permission)

Statewide Support Groups

Douglas County
Suicide Prevention Network
(Meets twice a month)
Phone: (775) 783-1510

Elko SOSL
Phone: (775) 397-1911

Henderson
Barbara Greenspun Womens Care
(Meets twice a month)
Phone: (702) 807-8133

Las Vegas
Canyon Ridge Christian Church
(Meets weekly)
Church Phone: (702) 658-2722 or 702-
708-1696

Community Lutheran Church
(Meets weekly)
Phone: (702) 225-1785

Family Grief Center
Phone: (702) 280-7668

Arms of Support
(702) 569-9901

Reno
Crisis Call Center
(Meets weekly)
Phone: (775) 784-8085

South Lake Tahoe
Phone: (775) 783-1510

Winnemucca
American Red Cross
(Meets once a month)
Phone: (775) 427-7553

HELP ♥ HOPE ♥ HEALING

Office of Suicide Prevention
Las Vegas (702) 486-8225
Carson City (775) 684-2240
www.suicideprevention.nv.gov



***Support for
Survivors of
Suicide Loss***

HELP ♥ HOPE ♥ HEALING

***FOR THOSE WHO HAVE LOST A
LOVED ONE BY SUICIDE***

The death of a loved one by suicide presents special problems in grieving. There is often more shock, a greater sense of injustice, more guilt and blame, and a heightened sense of helplessness; and these all tend to complicate the healing process for survivors.

There is a safe place in our community for survivors (families and loved ones of suicide victims) to share their loss with others who are experiencing similar thoughts and feelings. Groups are open to all adult survivors of suicide.

Beyond Surviving

From *My Son...My Son...A Guide to Healing After Death, Loss or Suicide*
By Iris M. Bolton (Bolton Press, 1090 Crest Brook Lane, Roswell, GA 30075)
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1. Know you can survive. You may not think so, but you can.
2. Struggle with why it happened until you no longer need to know why, or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy - you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one day at a time.
9. Find a good listener with whom to share. Call someone.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. Don't panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and others.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as The Compassionate Friends or Survivors of Suicide Groups. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, i.e.—headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Know that you will never be the same again, but **you can survive and go beyond just surviving.**

