



SOS Groups in Tennessee

“The loneliness may never go away,
but it does become bearable.”

“Your life is changed instantly! It will
never be what it was before.”

“At first I thought I was losing my
mind. The SOS group was life-saving
for me, literally.”

“You may do better for a while, then
slip backwards, but little by little...”

“It helps so much to talk to people
who have experienced the same hurt
and loss that you have. I can say what
I want to in the meeting and not have
people shy away. I feel safe here.”

“I wish some people hadn't said: 'I
know how you feel.' How could they
know unless they have experienced a
suicide?”

CHATTANOOGA

Living after Suicide- LAS
Jimmy Powell (423) 629-6897
1st Thursday of each month at 7:00 PM

SITE (Suicide Isn't The End)
Gloria Hastings (423) 867-7304
1st and 3rd Wednesdays of each month at 7:00 PM

COLUMBIA

Friends and Families of Suicides
Karyl Chastain Beal (931) 388-9289 or
Douglas Johnson (931) 489-0004
1st Thursday of each month at 6:30 PM

JACKSON

Rural West Regional Survivors of Suicide
Roger Chinery (731) 664-2083
2nd Tuesday of each month

JOHNSON CITY

Tri-Cities Survivors of Suicide
Dorothy Gregory, LCSW (877) 928-9062
4th Monday of each month at 6:00 PM

KNOXVILLE

Suicide Grievors Support Group
Paula J. Alexander, LCSW, CGC (865) 671-9631
2nd Thursday of each month at 7:00 PM

MARYVILLE

Suicide Grievors Support Group of Blount County
Barbara Lasater (865) 984-4223
2nd Monday of each month at 7:00 PM

MEMPHIS

Healing Hearts Suicide Grief Support Group
Baptist Trinity Center for Good Grief
(901) 767-6767
3rd Thursday of each month, 6:30 PM

NASHVILLE

Survivors of Suicide
(615) 244-7444
Every Monday at 7:00 PM

*Have you lost a loved one to suicide?
Then you are a survivor of suicide.*



You are not alone . . .

Survivors of Suicide

Support for anyone who has
lost a loved one through suicide.



For additional information on suicide prevention
or publications contact:

**Tennessee Suicide
Prevention Network**



P.O. Box 40329, Nashville, TN 37204
ph: 615-297-1077 f: 615-313-9981

www.tspn.org



Saving Lives in Tennessee

advice for survivors

Even if you feel that you cannot survive, know that you can.

Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.

Each survivor grieves in their own way and at their own pace.

Seek out people who are willing to listen without judging.

Remember that many people are affected by suicide.

Seek professional help if needed.

Take care of yourself - physically, mentally, emotionally and spiritually.

This is the hardest thing you will ever do. Be patient and don't try to do it by yourself.

Remember that *healing takes time*.



Annually, suicide takes the lives of approximately **32,000** Americans, and 750 Tennesseans.

Tennessee is ranked **18th** in suicide deaths per 100,000.

Every day, 89 Americans die by suicide. That's one every **16 minutes**.

Each suicide leaves behind an estimated **6** known survivors.

1 out of every 62 Americans (**4.4 million** total) is a suicide survivor.

Approximately 175,000 people in the United States become survivors each year. In the past 25 years, over **5 million** Americans became suicide survivors.

Loved ones of those who have died by suicide are at a **higher** risk of suicide themselves.



SOS can help

Survivors of Suicide group meetings are open to anyone who has lost a loved one through suicide or who is helping someone who has lost a loved one through suicide.

Survivors need a safe place to explore their feelings of grief and anger, to raise questions and doubts.

We are here whenever the survivor is ready for us and for as long as he or she needs us.

We understand that the grieving process is hard work. Members have all been there and are often the only ones who can truly understand the survivor.

Survivors can attend an SOS meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen.