



NEWSLETTER

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JOURNEY MENTAL HEALTH CENTER

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Remembrance Issue

WE CHANGE AND GROW

by Dennis Klass, Ph.D.

There is an interesting discussion in the Talmud, an ancient Jewish writing. Jews had the custom of rending their garments — literally tearing their clothes — to symbolize the ripping apart that death brings.

But the question was asked, after a period of mourning, could you sew the garment up and use it again? The teachers answered yes, but when you mended it, you should not tuck the edges under so it would look as if it had never been torn. This symbolized the fact that life after grief is not the same as before. The rend will show. The next question was, can you sell that

garment? The teachers answered no. The rending and mending of our life is ours and others cannot wear it.

No, we don't get over it. We change and grow. Our life has a difference which is ours alone. Perhaps we can help each other make that difference — the kind of difference that increases the world's supply of compassion, love and healing.

Source: *The Compassionate Friends of Los Angeles*



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A Sincere Thank You to Our Donors

Support Group Meetings Return to Building 49
at Kessel Ct.

I HEARD YOUR VOICE IN THE WIND TODAY

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.

I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.

I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.

I held you close in my heart today
it made me feel complete;
You may have died... but you are not gone
you will always be a part of me.

As long as the sun shines...
the wind blows... the rain falls...
You will live on the inside of me forever
for that is all my heart knows.

— Author unknown



Thank you to those who have shared your Remembrances for this issue. We respect the privacy and confidentiality of this information. Since names, dates and messages would be available to anyone accessing this Newsletter online through Journey Mental Health Website this section will not be included in the online version of the Newsletter. Requests can be made for a written form of the Remembrance Issue.

RECOMPENSE

In time of grieving you may encounter other unexpected losses. Friends you counted on may not be available to stand with you, may not be able to give themselves to your need.

But you will also find some unexpected gains: People you never counted on will be your friends and stand with you and give you strength. They are the treasure you will learn to cherish, when you begin to heal.

From "The Sorrow and the Light," by Sascha Wagner

Memory is a way of holding onto the things you love, the things you are, the things you never want to lose.

From the television show "The Wonder Years"

Death ends a life, not a relationship.

— Robert Benchley



BOOK REVIEW: _____ THE FORGOTTEN MOURNERS: SIBLING SURVIVORS OF SUICIDE

by John's Sister

Reviewed by Amy Schulz, SOS Volunteer Facilitator

This book was written like a memoir that focused on the suicide of the author's brother. The writer perceived that the siblings of someone that dies by suicide to be "forgotten mourners," as the parents or others are considered to have suffered a greater loss than the siblings. She gave facts about suicide, including the prevalence of suicide and that it is most commonly associated with depression. The link to mental illness points to the need to reduce stigma and to work towards prevention of suicide.

It was ironic that the author's family was forced to hide the cause of death as suicide because their religion would not have allowed "John" to have a funeral mass as suicide was considered a "mortal sin." Note that the author didn't put her real name on the book in order to protect her family from the stigma that

their religion placed on suicide. The author advocated for working on suicide prevention by educating the public about the warning signs from someone that may be contemplating suicide.

The author explained that family dynamics and roles frequently change after a suicide. She advises that one's primary responsibility is to care for one's self and to heal. She made recommendations on how to manage grief after suicide. She also advised anticipating difficult questions from people and to prepare possible answers when asked about the person that died by suicide. The author made suggestions on how to remember a loved one. She concluded the book by saying, "Live the life you still have."

This book can be found in the SOS Library.

BEREAVED SIBLINGS EXPERIENCE MANY LOSSES _____

by P.G. White, PhD

Bereaved siblings still feel sorrow and sadness from the many losses associated with the death of a brother or sister.

- The loss of companionship and future with their sibling.
- Loss of their parents, at least for a time, while they were grieving.
- Loss of parts of the self that were projected into the deceased sibling.
- Loss of innocence.
- Missing out on peer-related activities.

- Feeling left out.
- Not getting the attention they needed to deal with such a profound loss.
- Being lonely.
- There is a hole when they visit their other siblings (if they have them) because it is then obvious that one is missing. The presence of other family members reminds them forcibly of this fact.
- Sorry that they cannot go back and make up for something they said or did.

GRIEF IS LIKE A JIGSAW PUZZLE _____

By Victoria Guthrie, Tampa, FL

Grief is a smorgasbord where you go down the line picking a little of this and a little of that.

Grief is like a jigsaw puzzle, some people get all the edge pieces together first and work from the outside in. Others dump everything out on the table at once and dive right into the middle. Some never open the box at all, they just look at the picture on the lid and wonder why what's inside doesn't match or make sense.

You meet a lot of people when you start a jigsaw

puzzle. Some are full of advice, or they may try to make the puzzle look the way it ought to be instead of the way it is.

But, once in a while, you meet someone who shares their own finished puzzle and helps you make sense of yours. Then you find it is not as hard as before. Some of the pieces fit together more easily, and you sigh with relief, and remember.

From Brief Encounters Newsletter, 6/98

A SINCERE THANK YOU TO OUR DONORS



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in memory of Philip Blair

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To make a tax deductible donation online by credit card, visit www.journeymhc.org/donate and designate "Survivors of Suicide (SOS) Support Group" in the pull-down menu option.

To make a tax deductible donation by check, make it payable to Journey Mental Health Center with SOS in the memo line. Mail to:

Survivors of Suicide Support Group, c/o Journey Mental Health Center
25 Kessel Court, Suite 105, Madison, WI 53711

SOS SUPPORT GROUP PURPOSE

To share experiences for living and coping beyond suicide loss

SURVIVORS OF SUICIDE SUPPORT GROUP SCHEDULE

A self-help group for adults who are grieving the death of a loved one by suicide.



2nd and 4th Tuesday of each month, 7 – 9 p.m.

Hosted at Journey Mental Health Center, Kessel Ct., Madison WI 53711

Starting January 2020, we will meet at 49 Kessell Ct.

There is free parking in front of this building and elevator access to the second floor meeting room. Please follow signage as you enter the building. You will be greeted by one of the SOS team until 7:00.

Please arrive by 6:50. If necessary follow the call directions posted on the door by using a cell phone to alert the group if you need late entry.

APRIL						
		14				
		28				

MAY						
		12				
		26				

JUNE						
		9				
		23				

JULY						
		14				
		28				

The typical expression of opening Friendship would be something like, “What! You too? I thought I was the only one.”

– C. S. Lewis

WILL THERE BE SOS SUPPORT GROUP CANCELLATIONS?

In the case of any dangerous weather, health directives or if the Center is closed, a group meeting could be cancelled. If uncertain or for current updates please consult the Journey Mental Health Center Website www.journeymhc.org. Select Programs & Services > Community Based Services > Survivors of Suicide.

Information can also be obtained by calling Emergency Services reception 608-280-2580 or Emergency Services direct line 608-280-2600.

SUPPORT GROUP MEETINGS NOW HELD IN BUILDING 49 AT KESSEL CT.

After a change of location due to a reconstruction project, our meetings have now returned to our original location in Building 49. We are pleased to be back at this location since January 2020. This secure and safe space also houses our lending library.

MARK YOUR CALENDAR:

Thursday, May 28, 6:00–8:00 pm, Survivors of Suicide Loss Panel Presentation, Sequoia Library, Midvale Plaza Shopping Center, 4340 Tokay Blvd.; sponsored by NAMI (National Alliance for Mental Illness); more information at NAMI Dane Co. 608-249-7188

SOS Confidential Email: sos@journeymhc.org

SOS Confidential Voicemail: (608) 280-2435

24/7 Year 'Round Mental Health Crisis Line: (608) 280-2600

Journey Mental Health Center Website: www.journeymhc.org

Select Programs & Services, Community-Based Services, Survivors of Suicide



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