



THE SUICIDE AND CRISIS CENTER IS HERE FOR YOU

SUZIE MCGLYNN

Next Step & Holiday Gathering

The Next Step Meeting and Holiday Gathering will be held on December 8, 7:00 p.m. at the Carriage House. Please feel free to bring a covered dish and an ornament to place on our tree in remembrance of your loved one.



MISSION STATEMENT

Helping those in crisis, especially suicidal crisis, find hope for the future.

"Hearts will never be made practical until they can be made unbreakable."

- The Wizard of Oz

Grieving is a fact of life. The grieving process when suicide occurs is especially difficult because we survivors are left with a painful legacy that we do not want. We are left to deal with the aftermath of someone we love taking their own life and in the beginning, most of us are very lost. We don't want to be a survivor! We want our lives back where they were, before suicide touched us, where it was safe to assume that it only happens to "other families".

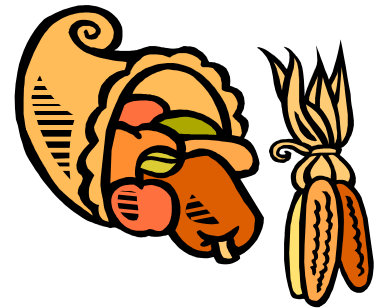
We may feel a sense of isolation, from friends, coworkers, neighbors, even members of our own families. Everyone deals with loss differently, and when the loss is because of suicide, we are even more ill-prepared for coping. People don't know what to say, so we are often assaulted with painful clichés such as: "Time will heal your pain", or "He/She is better off" or "The first year is the hardest" and "He/She was insane." While some well meaning people will use these and other phrases, others will pull away from you for reasons as various as their own fears to not wanting "to remind you of the pain you are feeling." No

one is ever prepared for suicide, and often we want to run away and hide from it. Turning to drugs and alcohol is not the answer. The pain we are running from is not going to disappear that easily. Denial of the pain is not going to make it go away either, it finds its way back to us in one way or another. We are in so much pain, it is hard, if not impossible to see this.

There is help for you at the Suicide and Crisis Center. You already know this if you are reading this and that is a very important step in your healing.

Healing is a process that goes on. It is different for each of us and it is a life changing journey. We now have a choice to make. We can face it and choose to join others on the journey of surviving. You will not be alone. There are many others on this path. You are safe at the Suicide Crisis Center. You have taken a brave first step in reaching out. You are surviving. You will survive! The first steps are the hardest.

Have patience with yourself, believe in yourself, know that you CAN and ARE surviving. You are never alone.



DID YOU KNOW:

- Approximately 1500 people contact the Crisis Center each month?
- 28 volunteers and 26 Clinical Advisors serve on the Board for the Crisis Center?
- Only 3 1/2 staff members oversee the daily operations of the facility and outreach
- The Crisis hotline is answered 24 hours a day 1-800-828-1000 or 866-672-5100
- You can find more information at our website: sccenter.org
- The Suicide and Crisis Center is privately funded by foundations and individual gifts. Our services are FREE to those in need.

Never in my wildest dreams would I have ever believed that at this moment I would be sitting in front of a computer writing about my saddest, darkest day. I will spare you the lurid details, because we all have a story....and none of them are happy.

Being my elderly mom's primary caregiver, I spent every evening after work visiting with her at the hospital until I was forced to leave each night. Sundays were my only day to catch up on chores and errands as my brother took this one day to give me a reprieve from the hospital and take my place to care for mom. It was a beautiful, crisp Sunday, March 18, 2007. Only this Sunday, he didn't show.

The call came around 3:00 pm from the Grand Prairie Police that there had been an accident. And from that moment forward, my life changed forever.

I had just started a new job, raising capital money to construct a new building in Frisco. For the next year, I would drive

north from Downtown Dallas on the tollway to Frisco every weekday. The drive was a straight path to Frisco and it gave me plenty of time to think. Why didn't I do something? Why didn't I see the signs? What was he thinking? Could I have helped him? Why? Why? Why? Only questions, never answers.

Each day I drove, and every day I cried. The pain was endless. I always managed to gain my composure just long enough to hold my meetings in Frisco and then all the way back down the tollway to Dallas my thoughts ran wild and all I could think about was my brother and the senseless way he died and the tears would pour like rain. The road to Frisco became my crying, cursing, heartbreak highway.

We all think "this type of thing doesn't happen to good families!" Aaaah, but yes it does. It happens to all kinds of families. Through much research, a little counseling and a whole lot of love from members of my SOS group, I

quickly learned that suicide does not discriminate. In my SOS group, I met people from all walks of life who shared the same horrible pain that I was experiencing. While it seemed impossible that anyone could be hurting as much as I was, as we shared our stories, we all began to absorb each other's grief and turn to each other for support. Amazingly, I truly believe that we kept each other alive for the next several months. By sharing our tears, our fears and tackling that big ugly monster called "grief", we made it through the first year, the second year and now we're coming upon our third year. The majority of our group have remained very close. We share holidays and good times. Today, we are an important part of each other's lives.....we are the self-dubbed "Unfortunate Friends".

And for me.....I try my hardest to stay off the road to Frisco. I have a new path that leads me to better places.

By: Robin B



Things I've learned:

- It happens to more people than you think.
- **True** friends don't say stupid things like "He's in a better place" or "You have to move on". They just listen, hug you and wipe your snotty nose. (Turning to my evil friend Jose Cuervo was a wrong decision!)
- Walking for miles, crying it out and cursing the big blue sky DID help....temporarily.
- The pain NEVER goes away, but it does ease up.
- When No ONE else truly understands, my SOS friends **ALWAYS** understand.
- Without a doubt, I thought I could not live through it, but I DID., and you can too.

TIPS FOR GETTING THROUGH THE HOLIDAYS

Getting through the holidays can be tough. Most have found that the anticipation of the holiday's arrival is much worse than the actual holiday. Try to find new ways to spend your time. Go to dinner with a friend, see a new release comedy or volunteer your time at your favorite charity. Airfares are at an all time low right now, maybe it's time to book a ski trip or a cruise! Think about contributing the money that you would have spent on a gift for your loved one to the Suicide and Crisis Center instead. This would greatly help in our efforts to keep our services free to those who need us.

Most importantly, try to be with other people—friends or relatives that you feel comfortable with. Make a point to take care of yourself before you try to take care of others! And always remember, the Suicide and Crisis Center is available if you need to talk