

Survivors Of Suicide NEWSLETTER

MACOMB COUNTY CRISIS CENTER

(586) 307-9100

Tips for Finding Peace

It can be difficult to find peace during times of emotional turmoil. These suggestions may help.

an art museum, or watching the sun rise or set, gazing at something lovely can elevate your mood.

Write them down. Memorize one or two of them to repeat to yourself when you need a bit of inspiration.

Connect with other people. Make a phone call to a dear friend, or connect with someone living at a distance. Many people isolate themselves during difficult times. It may feel like a Herculean effort to reach out for comfort. Try to do it anyway.

Make a gratitude list. Even in the deepest despair, most people still have much to be thankful for: food, shelter, basic comforts, a cherished pet, finding a good parking spot, a favorite movie or television show, a great cup of coffee.

Distract yourself by engaging in comfort activities. What helps to lift your mood, even just a little bit? For some people it is reading a favorite book. For others it is taking a walk, or singing along with the radio, or working with their hands. Just make sure you choose positive distractions.

Do something kind for someone else. If you're thinking about how you can be helpful to another, you will be less likely to focus on your own difficulties.

Do something new or something you find challenging. You may feel frustrated, insecure, or confused at first, but along with that discomfort you may experience a sense of accomplishment.

The more positive things, people, and actions you put in your life, the better your chances are of finding peace when you need it most.

Focus on something beautiful and uplifting. Whether it is a photo, a trip to

Collect verses or quotations that inspire you.

adapted from Psychology Today (11/4/2010) and "The Happiness Project" at happiness-project.com

FOR THOSE AROUND YOU

Please...

- Know that I need you. I may not ask for help (I may be much too numb) but I need to know you're there.
- If you cannot handle my grief because you are in your own pain, say so. I will feel better than if you use excuses that make me think you don't care.
- Know that I do not expect you to make me feel better or take away my pain. I just need you to be with me.
- Try to tolerate my anger, if you can. I lost what I love. I pray you'll forgive my outbursts.
- Don't try to stop my tears. My tears may be hard on you but they are a healthy way for me to release some of my pain. (If I do not cry, please do not tell me that I should. I will grieve in my own way.)
- Don't tell me that what happened must have been "God's will." Hearing that brings no consolation right now and only adds to the spiritual confusion and isolation I feel. I ache for one more hour with my loved one.
- There is not, nor will there be, a replacement for this person I lost. Reminding me of the people I have in my life now or the ones I might have later will not change that.
- Don't say, "I know how you feel." No one knows that. Please ask instead how I am today, how I feel.
- Offer specific help – a meal prepared, laundry done, a free hour. I'm too deeply hurt to think very far ahead.
- Don't tell me to put this behind me, forget, and get on with my life. This is my life. I need not to forget but to find a way to remember in peace.
- Bear with me. Accept me in my grief and I will always remember the healing love that you offered me.

*adapted from Cathy Romeo
Ended Beginnings: Healing Childbearing Losses
Bergin & Garvey Publishers, Inc. (1984)*

Sometimes
the bravest thing
you can do
is admit
that you are scared.
Author Unknown

The Survivors of Suicide program and this newsletter depend in part on donations from the survivor community.

We offer our sincere appreciation for recent donations in memory of Jacob S and George R.

SURVIVORS OF SUICIDE NEWSLETTER

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Mark A. Hackel
County Executive

HEART LINES

That Last Morning

What was it like that last morning?

Weather was filled with spring sweet air
Blue clouds, sunshine and warmth but
Not for you.

What was it like your last mourning?

As you were filled with fear and hopelessness
Dark clouds, grayness and chills but
Not only for you.

What was it like my last morning

Without knowing it would be my last with access
to you?

I was feeling off centered without knowing why
No answers on the phone, keychain with your
name

Only for you.

What was it like that last morning

That left us in mourning for all dreams lost
Wondering what was your last thought as
You left us forever, here to be mourning
Always for you.

*Lee Bugleisi
4 years after that morning*

Sharing the Journey

A Birthday to Celebrate

by Janet Benz

It seemed like our family was just beginning to recover from some of the traumatic events around the catastrophic death of our son Christopher in January 2007. Each of us was settling into the grief journey and what that meant for us individually and collectively, when Christopher's 18th birthday arrived. As a parent I struggled with what to do and how to handle what I expected to be a very emotional and difficult day for our family. I couldn't begin to know how my other two sons would deal with their youngest brother's birthday and the reminder that he was no longer with us. I only knew that he was and always will be my son, and I still am and always will be his mother, and nothing will ever change that.

I felt that just as birthdays had always been in our home, that Christopher's birthday needed to continue to be a very special day. There was in me a driving need to recognize the day in celebration of Christopher's life, to honor him for who he was, what he brought to our lives and those around him, and to continue to keep him present in our lives in a meaningful way. So we planned and had a birthday dinner for him which ended up being such a positive and meaningful experience for our entire family that we have decided to do this every year. It was a nurturing and healing day for me as I prepared Christopher's favorite foods and the entire family planned their busy schedules of that day in time to be home for dinner. The dinner table included a cake with the bold inscription "Happy Birthday Christopher;" however there were no candles on the cake.

At the end of the meal, each person was given a birthday candle and asked to talk about what they thought Christopher would have done

with his life, and this year we told our favorite Christopher stories. Each person lit their candle as they shared their memories of his life and then placed the candle on the cake. Once all the candles were on the cake our family shared a prayer, made a wish, paused and then blew out the candles.

I know we will continue to celebrate this very special day in our family as Christopher's birthday arrives each year, for our family feels it is good and it is right for us to do. I also found this to be a perfect time to bring out photos of family and friends, baseball trophies, high school yearbooks and other items that help strengthen the memories but may not always be on display every day in our home. Reminiscing and sharing memories is a wonderful way to keep our loved ones alive in a very real way as we continue to give meaning to their lives; and as we connect with each other in mutual support on this path we all walk as survivors.

*Suicide Awareness Voices of Education
save.org*

Survivors of Suicide Support Group Meetings

(1st Wednesday and 3rd Tuesday of each month)

Wednesday, May 1

Tuesday, May 21

Wednesday, June 5

Tuesday, June 18

7:00 to 9:00 p.m.

We have moved!

**Please see Upcoming Events
for new meeting location!**

**Questions? Call 586-307-9100
or listen to the message at 586-948-6103**

Upcoming Events

WE HAVE MOVED!

**Beginning in May 2013,
monthly SOS group meetings
will take place at
6555 Fifteen Mile Road
Sterling Heights, MI 48312
(Craft Nite will continue at MISD)**

**6555 Fifteen Mile is between Van Dyke and
Mound. From 15 Mile turn north on Stanley
Drive, at the west end of the building. Pull
into the first parking lot entrance on the
right. Drive all the way down to the end of the
parking lot and enter through the glass doors
in the corner.**

May 2013

Group Meetings
Wednesday, May 1, 7pm-9pm
Tuesday, May 21, 7pm-9pm
6555 Fifteen Mile, Sterling Heights, MI 48312

SOS Craft Nite
Monday, May 20, 6pm-9pm
Macomb Intermediate School District*

June 2013

Group Meetings
Wednesday, June 5, 7pm-9pm
Tuesday, June 18, 7pm-9pm
6555 Fifteen Mile, Sterling Heights, MI 48312

SOS Craft Nite
Monday, June 24, 6pm-9pm
Macomb Intermediate School District*

***Macomb Intermediate School District
44001 Garfield Road (south of Hall Road)
Clinton Township, MI 48038
Check monitor at entrance
for room number.**

*Call 586-948-6103 to listen to a message
with updated information on meeting rooms.*