

www.survivorsofsuicide.co.za

**DURBAN NORTH**  
joy@crisisteam.co.za Joy Chiang  
083 256 5993 : Meetings are held the first Monday of every month from 18H30-20H30 at Pam Golding House, 2 Swapo Road Dbn North.

**GLENWOOD**  
suicideprevent@gmail.com  
Lori Barausse 083 652 0117  
Meetings are held the 3rd Monday of every month from 18H00 171 Bulwer Road Glenwood

**SADAG SUICIDE HELPLINE**  
**0800567567**

**DIARY DATES : DEPRESSION AND ANXIETY GROUP MEETING:**  
Every TUES SMS Robin for details 0824991344

**Depression and all Mental Illnesses**  
**Venue: Westville Civic Centre Library, 1 William Leister Drive**  
**Time: 5'30pm**  
**Date:Held every 3 weeks on a Wednesday**  
Thanisha  
**062 797 135**

**No one is obliged to speak and everything said is confidential.**

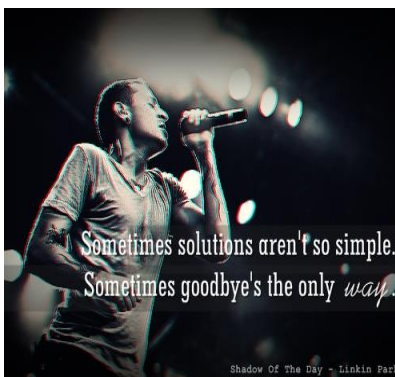
**AUGUST 2017 NEWSLETTER**

Hello all,

The month of July brought with it some tragic news. Another suicide from a very popular songwriter and singer Chester Bennington, frontman for Linkin Park died from suicide.

Some news was disrespectful towards him and his family, describing how he died.

I read some of his interviews and it was clear to see that he suffered from serious depression and he was very candid about it . All the signs were there yet I suppose it is difficult for all of us even if we are aware to stop a person from taking this final step if he is in so much pain and masking his depression at times so well.



To this end I am including two articles one about how suicide should be reported and one about a mother's grief after losing her son.

Please remember that 10 September is our Suicide Remembrance and Awareness walk.

The walk is held in conjunction with World Suicide Prevention Day and anyone who has lost a loved one to suicide or who like to help create awareness is welcome to walk. A donation of R20 to cover the cost of materials will be appreciated.

EP10

10th Annual Suicide Awareness & Remembrance Walk

Sunday , Sept 10 at 8.30 – 10.30am

Durban View Park - Marine Drive Umhlanga



Lori

**Tips from Survivors: To a Mom Who Blames Herself**

by Susan Auerbach



Susan Auerbach with son Noah

Dear Mourning Mom:

I know you. I was you in the first year or two, and sometimes still in bursts of remorse today. I hear your cries of all you should-have, could-have done for your lost child. This is how we often feel as survivors, especially parent survivors

We think we failed our child and we need to shout out our unworthiness, beat our breast. On top of the general stigma of suicide, we may be afflicted by the special shame of being a bad mother—one who couldn't foresee or prevent her child's self-destruction. Instinctively, we reject assurances that we did everything we could because, of course, there's always more we could have done. Even when people add "you did everything you could--given what you knew at the time," we just can't accept that we were unable to save our child. That the momentum of our mothering only goes so far with our kids once they reach a certain age. And that, unlike other parents, we don't get a second chance.

Having missed that chance, we cling desperately to remorse as a last parental act. It keeps us connected to our dead child. It shows our love and loyalty and belated understanding of what they needed and what we failed to provide. It's a desperate plea for their forgiveness. Except that now, only we can forgive

ourselves. And that could be a long time coming.

You have a total right to feel whatever you're feeling. By all means, let it out! At the same time, please feed your battered soul. Treat yourself with the same compassion you would offer a dear friend in your position. Make a list of all the great things you did for and with your child over the years. Remember that no one is a perfect parent; no one is all seeing or all powerful.

"Just as no one can erase the grief that you feel right now, there were limits to what anyone could have done to fix your loved one's pain," according to Jordan and Baugher in *After the Suicide: Coping with your Grief* (2016). "Living through the suicide of a loved one confronts all survivors with a profound sense of their own limitations." You may feel like putting yourself on trial for failing your child, they write, but at least let someone like a therapist ensure that it's a "fair trial" that reviews all the evidence!

I know you can't fully take in what I'm saying right now. Please tuck it away in the back of your mind to ease some future moment, along with these words from psychotherapist Stacey Freedenthal's blog, *Speaking of Suicide* (2014):

Feelings of self-blame can distract you from grieving and, in the process, from healing. . . . What lies beneath your self-blame are the terrible facts that you cannot control: Suicidal forces overtook your loved one. You have suffered an unfathomable loss. You cannot turn back time, do it over, do it differently. Each of these is a loss. Mourning these losses is the

essence of grief. Your grief deserves your compassion.

*Susan Auerbach lost her 21-year-old son, Noah, in 2013. This article is adapted from her book, [I'll Write Your Name on Every Beach: A Mother's Quest for Comfort, Courage and Clarity After Suicide Loss](#) (Jessica Kingsley Publishers, 2017). She [blogs](#) and serves on the Advisory Board of Survivors After Suicide, Didi Hirsch Mental Health Services, and the L.A County Suicide Prevention Network.*

**NEW YORK (JULY 20, 2017)** – We recently learned of the death of Chester Bennington, the lead singer of Linkin Park. Based on reports, we understand that Mr. Bennington died by suicide. [The American Foundation for Suicide Prevention](#) offers its condolences to his family, friends, and everyone touched by Bennington and his music.

There is never a single cause for suicide. Suicide is the result of many factors that come together such as an underlying mental health condition and access to lethal means. We must do more to prevent such tragic deaths through greater awareness of mental health issues, common risks and warning signs, and effective interventions and treatments.

Media interested in learning more information regarding suicide, warning signs and

prevention can visit our website at [www.afsp.org](http://www.afsp.org). For insight on how to report on suicide: <https://afsp.org/about-suicide/for-journalists/>. It is important to NOT mention method of suicide in reporting as this can lead to possible suicide contagion, or “copycat suicide.”

**If you need help right now, please call SADAG Suicide Prevention TOLLFREE Hotline on 0800567567.**



## WARNING SIGNS OF SUICIDE

Someone who is thinking about suicide usually exhibits one or more signs in what they say or do. It is important to pay attention to warning signs as some may be subtle. Take any warning sign seriously. These include:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious and/or agitated
- Engaging in reckless behavior
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings