

www.survivorsofsuicide.co.za

DURBAN NORTH joy@crisisteam.co.za
Joy Chiang 083 256 5993 :SueFairall 074 182 4360 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.

MAY 2017 NEWSLETTER

Hello all,

It has been awhile since a newsletter has gone out to all. Finally here is one for your perusal. Please share with whom you believe could benefit.

Lori

WHAT NOW!

After the death of a loved one by suicide, one of the biggest challenges we have to face is how to carry on just living.

Below is a lovely article from Father Rubey talking about this very topic.

*Rev. Charles T. Rubey is the Founder and Director of **Loving Outreach to Survivors of Suicide (LOSS)** a non-denominational program offered by Catholic Charities of the Archdiocese of Chicago.*

One of the first issues that survivors of a completed suicide have to grapple with is how to continue living in the face of the absence of this vital person, be it a husband, wife, mother, father, son, daughter, brother, or sister. Because that person has died, and a gaping hole has been created in a family system, but that is not a reason for a family to disintegrate. It is vital that the remaining members of the family and close friends come together and try to figure out just how life is going to be lived as the group ventures forth into the future without this important person in their midst.

The survivors still have a life to live and the challenge is going to be just what steps need to be taken to create a future without this person. Life is going to be very different but life will continue to evolve. In the immediate aftermath of the suicide, family members might be so distraught that they cannot possibly

imagine life without this much-loved person. It takes some time and a great deal of thought to envision and plan a future that can be productive. Out of this work, we ultimately experience pleasure and joy.

At the beginning of the grief journey, some of those thoughts seem impossible to attain. The future seems so very scary without this person and survivors are very reluctant to even think of life without this person--let alone venture forth into the future without him or her. This can be overwhelming. Survivors might not want to live without this person and feel as if life cannot be lived.

The future is going to unfold one day at a time. Days seem almost endless as survivors go through the motion of living life without this person. The future seems very bleak as survivors strive to create a future. Mistakes are made as different ways are tried to fill the void. Still the void remains. Nothing seems to work.

At first, there is a lot of support from various people. Survivors discover the goodness of people as they rally around them. But after a period of time the support begins to disappear as people get on with their lives. For those people who are mostly impacted by the suicide, life has not returned to normal. This loved one is still gone forever and their absence is still felt very keenly. Now what?

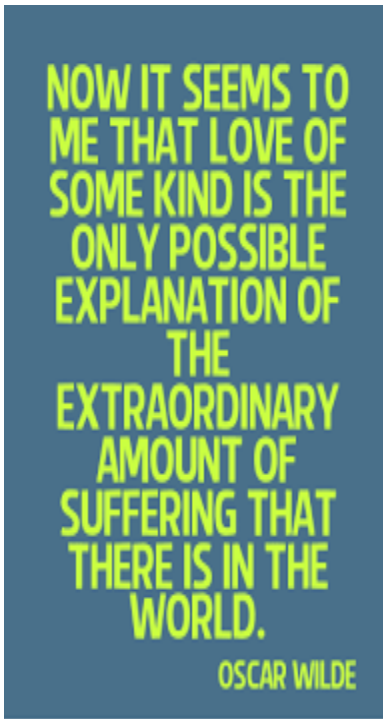
David Brooks recently wrote an article where he referred to some people as stumblers. Stumblers are people who do not ask "what do I want from life" but rather "what is life asking of me?" Their lives are often patterned by defeat and then redemption. There are series of ups and downs. These people see moments of suffering as opportunities for growth and self-understanding. The suffering that these stumblers experience is part of a larger narrative of the suffering that goes on in the world around us.

We are not alone in our suffering but there is a vast world out there

that is suffering along with us as we struggle in life. Survivors of suicide are most likely engaged in the biggest battle of their lives but this struggle should not be viewed as something that is going to leave them broken forever. Rather, this is an opportunity for real self-growth. One can wade through this turmoil and come out the other end as a better person, one who appreciates life more than the person who has never had to struggle. Stumblers do not try to be better than other people but they try to be better than they used to be.

Survivors of a suicide are challenged to try to create a fulfilling and joyful life after losing a loved one from suicide. At the beginning, survivors view their lives as being over and they just want to die to escape this horrendous pain. They are correct in viewing their former lives as over. The life that was experienced with this departed loved one is over, but a new life is there waiting to be discovered. If the grief journey is successfully traversed there is joy, pleasure and happiness waiting to be discovered. Life is going to be different without this loved one but life is not over for survivors.

May we recommit ourselves to discovering what lies ahead in our lives that will bring us happiness and a sense of self-satisfaction. There are opportunities out there waiting for us to discover and it takes courage and tenacity to venture forth into the future. My prayer is that members of the LOSS family will take the opportunity to want to go forth to discover a future that is within their reach.



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GRIEF IS IN TWO PARTS. THE FIRST IS LOSS. THE SECOND IS THE REMAKING OF LIFE. ANNE ROIPHE



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