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if (document.addEventListener) { document.addEventListener("DOMContentLoaded",
window.print(), false); } // for Internet Explorer (using conditional comments) /*@cc_on @*/
/*@if (@_win32) document.write(""); var script = document.getElementById("__ie_onload");
script.onreadystatechange = function() { if (this.readyState == "complete") { window.print();
// call the onload handler } }; /*@end @*/
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Out of the Darkness

Posted by: Sue Self in *Untagged* on Oct 25, 2009

Nine years ago, I learned, firsthand, of the devastation left behind by a loss to suicide with the death of my 23 year old son. I wondered how I could be called a “survivor of suicide” when I was sure I would not survive. I also felt the stigma of suicide in the reactions of co-workers, neighbors and my church. I felt so isolated at a time when support was so desperately needed.

Fortunately, for me, I had the availability of Life Crisis Services survivors of suicide support group. Through attendance at weekly meetings, I was able to acquire the tools needed to not only rebuild my shattered soul, but also to find new meaning and purpose in my life. Now, I frequently get calls from other survivors who do not have access to support groups, and it breaks my heart. I know that it is almost impossible to reconcile such a loss without ongoing support specific to a loss to suicide.

On November 1, 2009, I will be walking with hundreds of other survivors, caregivers and supporters in the Out of the Darkness Community Walk sponsored by the American Foundation for Suicide Prevention (AFSP). This Walk will raise funds to bring a chapter of the AFSP to the Saint Louis area. Funds raised through the Community Walks also allow AFSP to invest in research that will advance the understanding of the causes of suicide and its prevention and expand survivor outreach programs. By walking in unison, we will also be raising awareness and reducing the stigma of suicide.

The Walk will take place from 11:00-1:00 in Creve Coeur Park at the Tremayne Pavilion. Life Crisis Services has a team in the Walk. Please consider showing your support by joining our team or making a donation to a team member. You can access information, register or make a donation by going to www.outofthedarkness.org and follow the links.