



“The loneliness may never go away,
but it does become bearable.”

“Your life is changed instantly! It will
never be what it was before.”

“At first I thought I was losing my
mind. The SOSL group was life-saving
for me, literally.”

“You may do better for a while, then
slip backwards, but little by little...”

“It helps so much to talk to people
who have experienced the same hurt
and loss that you have. I can say what
I want to in the meeting and not have
people shy away. I feel safe here.”

“I wish some people hadn’t said: ‘I
know how you feel’. How could they
know unless they have experienced a
suicide?”



SOSL Groups in Tennessee

CENTERVILLE

Left Behind By Suicide
Rosa Newton (931) 996-1225

CHATTANOOGA

SITE (Suicide Isn't the End)
Tonia Shadwick (423) 834-1709
Survivors of Suicide Loss
Hilda Bevans (423) 697-9432

CLARKSVILLE

Survivors of Suicide Loss
Cindy Johnson (931) 538-6420

COLUMBIA

GRief After SuicideS (GRASS)
Karyl Chastain Beal (931) 388-9289

COOKEVILLE

“Journey” grief support groups
(931) 525-2600

FRANKLIN

Survivors of Suicide Loss
(615) 244-7444 (24/7)

JACKSON

Survivors of Suicide Loss
Paula Terry (731) 541-8256

JEFFERSON CITY

ComPaSS
Cynthia Lynn (865) 680-3256

JOHNSON CITY/GRAY

Tri-Cities Survivors of Suicide Loss
Linda Harold or Harold Leonard
(423) 913-1255 or 245-5608

KNOXVILLE

Suicide Grievers Support Group
Paula J. Alexander ((865) 671-9631

MEMPHIS

Healing Hearts Suicide Grief Support Group
Kerry Mitchell (901) 743-4701

MURFREESBORO

Survivors of Suicide Loss
(615) 244-7444 (24/7)
Every Thursday at 7:00 PM

NASHVILLE

Survivors of Suicide Loss
(615) 244-7444 (24/7)

SPRING HILL

Finding Hope After Suicide
Douglas Johnson (615) 435-9621
2nd and 4th Thursdays at 7 PM

TAZEWELL

Surviving Our Loss After Suicide (SOLAS)
Tammy Wilson (865) 585-2917

WINCHESTER

GriefShare
Pastor Jerry Jochem (931) 636-1120

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SAMHSA or HHS.

For additional information on suicide prevention or publications contact:

ph: 615-297-1077 f: 615-269-5413

www.tspn.org

Survivors of Suicide Loss

*Have you lost a loved one to suicide?
Then you are a survivor of suicide.*



You are not alone . . .

Survivors of Suicide Loss

Support for anyone who has
lost a loved one through suicide.



"Saving Lives in Tennessee"

advice for survivors

Even if you feel that you cannot survive, know that you can.

Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.

Each survivor grieves in their own way and at their own pace.

Seek out people who are willing to listen without judging.

Remember that many people are affected by suicide.

Seek professional help if needed.

Take care of yourself—physically, mentally, emotionally and spiritually.

This is the hardest thing you will ever do. Be patient and don't try to do it by yourself.

Remember that *healing takes time and support.*



Annually, suicide takes the lives of approximately **40,000** Americans, and 950 Tennesseans.

Tennessee was ranked **18th** in suicide deaths per 100,000 as of 2013.

Every day, 113 Americans die by suicide. That's one every **13 minutes.**

Each suicide leaves behind an estimated **25** known survivors.

1 out of every 15 Americans (20.7 million total) is a suicide survivor.

Approximately 1 million people in the United States become survivors each year.

Loved ones of those who have died by suicide are at a **higher** risk of suicide themselves.



SOSL can help

Survivors of Suicide Loss group meetings are open to anyone who has lost a loved one through suicide or who is helping someone who has lost a loved one through suicide.

Survivors need a safe place to explore their feelings of grief and anger, to raise questions and doubts.

We are here whenever the survivor is ready for us and for as long as he or she needs us.

We understand that the grieving process is hard work. Members have all been there and are often the only ones who can truly understand the survivor.

Survivors can attend an SOSL meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen.