

OUT OF THE SHADOWS

A NEWSLETTER FOR PEOPLE WHO ARE GRIEVING
FOR SOMEONE LOST TO SUICIDE

For Our Children

I will see you again,
In the fullness of time,
You will reach out your hand,
I will take it in mine,
As together we walk,
All the sorrow-filled years
Will dissolve as a cloud
In the midst of our tears.

I will see you again,
We will laugh as before
I will kiss your dear face
As I pass through the door
To a place where you are
And a bright shining sun
Will assure my glad heart
That my life has begun.

I will see you again,
Though the journey be long,
I will try for your sake,
To sing my own song.
And for you I'll endeavor,
To live through the pain,
'Til the moment dear child
When I see you again.

by Betty Kenna

"Love Never Dies" Memorial Quilts

The "Love Never Dies" quilt project personalizes the phenomenon of suicide, demonstrating that suicide is not some abstract social phenomenon, but a legitimate public health crisis that affects many people within a given community. These quilts are routinely displayed at TSPN educational and awareness events all over Tennessee.

Anyone is welcome to contribute a quilt square, at no charge, no matter how long ago you lost someone.

More information is available at <http://tspn.org/quilt>. Any additional questions may be directed to Karyl Chastain Beal, chair of our Quilt Committee, at arlynsmom@bellsouth.net or (931) 388-9289.

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Beatriz's Story

Beatriz Bravo submitted this essay to Comforting Friends, the national newsletter of Friends for Survival, Inc., last year. It is dedicated in memory of her sister Maria Bravo, who is addressed therein.

Mad at her for leaving. I have found that it is OK to go to the grave and cry and scream at the deceased; to let them know that you are hurt, that you are devastated, that they chose to leave you. Then comes the questioning stage, and you try to bargain; why did she do it? Why couldn't she have given you a clue of what she was going to do? All the while the guilt state is ever present. You ask yourself a thousand times, what could I have done to prevent what happened? The "if only" question continues to persist. Finally, I believe there is an acceptance stage. I have not gone through that stage yet so I cannot determine or let you know how it feels at this point in time. I know I will go through it, maybe months or even years from now, but I have faith that I will come to accept my sister's death.

It is very hard to go through the pain, especially when the depression starts to creep up on me. It seems like I will never get through this pain and sometimes guilt; but I know it is OK. I miss my sister, Maria, and I know she is watching me as well as helping me when I ask for her help. Writing this paper is hard because I am talking about this terrible pain I feel inside that I do not wish on anyone, not even my worst enemy.

When people tell you it is going to be "OK", it is not to mock you, because how can it be OK when your sister is gone from you forever? Those people mean you no harm, they just don't know what to say to heal the pain you feel inside. They don't understand and never will. I miss my sister, and I will never forget the last words she spoke to me the night before she died. "I love you and good night." Good night to you my angel, I know you are resting and not suffering anymore. I ask you to please help me be strong in order to face the tough roads ahead, and also to give me your love and compassion. I want you to know, Maria, that I yearn to hold you and to tell you that I love you and always will. Clearly teenage suicide is a reality. Teens are not just seeking attention; they are seeking love, compassion, and understanding. They need someone to help them try and deal with the pain. God bless the angels like my sister that went to heaven before their time.



The Angel of Grief was the last major work of American sculptor and poet William Wetmore Story, created for his tombstone and that of his wife Emelyn. It stands in the Protestant Cemetery in Rome. Replicas of it can be found in cemeteries across the world.

This photograph is courtesy of Einar Einarsson Kvaran via the English language Wikipedia, CC BY-SA 3.0 (<http://bit.ly/2m1fuXR>).

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Grief and the Single Parent

Submitted by Jacque Stockhausen to the Compassionate Friend out of St. Louis, Missouri.

The death of a child is an unanticipated, shocking, devastating event in any family. In the single-parent home, the death of a child or children can be more difficult than in the two-parent home. Families have a difficult enough time coping with this life passage without the added burden of making arrangements and paying expenses. When adults have gone through a life crisis like divorce, the stress of dealing with the necessary arrangements presents another barrier on the long road of reconstructing the single's life. We may be on speaking terms with the ex-spouse and that is helpful to a point. Those who are not on speaking terms are faced with even greater stress.

The emotional ties that, at one time, connected us to this lost child are no longer present, yet to many it points to the hurt of the past. Survivors search for something or someone to blame. Widows/widowers are confronted with compounded grief. Unfortunately, most of us do not get through life with only one crisis. Dealing with the past rekindles the hurt of the past. As parents, we would be well advised by the legal system and counselors to make an effort to be amicable and/or courteous to the ex-spouse; papers must be signed.

Grandparents, siblings, relatives, and friends are also in grief. We must deal with them all. Who can our remaining children turn to if not us for guidance through these crises? If you have a companion who has suffered through this loss, be patient. If you are the parent who has lost a child, ask your companion to be patient with you. The grief process is longer than we knew it would be.

To the non-bereaved parent, the grief process is longer than you can know. This life passage is not something we want for any of you. The death of a marriage is not comparable to the death of a child. Often the widow/widower or the divorced person may remarry. The loss of a child is not a void that can be filled. There are entirely different emotions to be dealt with. Many of us survive, but will forever have emotional scars. Stand by us and we will be forever grateful.

The Aftermath

From *Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide* by Catherine Greenleaf (St. Dymphna Press, 2006).

Once a suicide occurs, we are often left with enormous responsibilities: families to raise, businesses to run, houses to care for, children to get through college. Sometimes, a family member suffers a nervous breakdown after the suicide. Sometimes, another family member becomes suicidal. Sometimes, we get dragged through the media or the court process if our loved one carried out a combination homicide and suicide or participated in a group suicide. Sometimes, a spouse asks for a divorce after the suicide of a son or daughter. Sometimes, we end up on medication for depression and have to be patient as our brains and bodies adjust to the dosage. In short, suicide blows a gigantic hole through the tapestry of our lives and we must tie many threads back together to gain closure. We realize, as we know each thread, that every aspect of our lives has been altered because of the suicide. But we are survivors. We have gotten this far. We know we don't have to repair the tapestry alone. There is plenty of help and support out there for the asking.

Today, I refuse to suffer the aftermath of a suicide alone. I will pick up the phone and ask for help.

{SUICIDE} IS PREVENTABLE

Reach out for HELP. Reach out for HOPE.

Made possible by the **NEW** partnership between

Tennessee Suicide Prevention Network (TSPN)

CRISIS TEXT LINE |

Text the words **"TN"** to **741 741**

www.tspn.org

TSPN has established a partnership with the Crisis Text Line, a nationwide service that provides resources and assistance via text messaging for people dealing with suicidal thoughts, mental illness, and other issues.

Text "TN" to 741741 for connection to a trained counselor 24 hours a day, 7 days a week.

For more information about the Crisis Text Line, visit crisistextline.org.

Spotlight: *Overcoming Suicide's Force of Darkness*

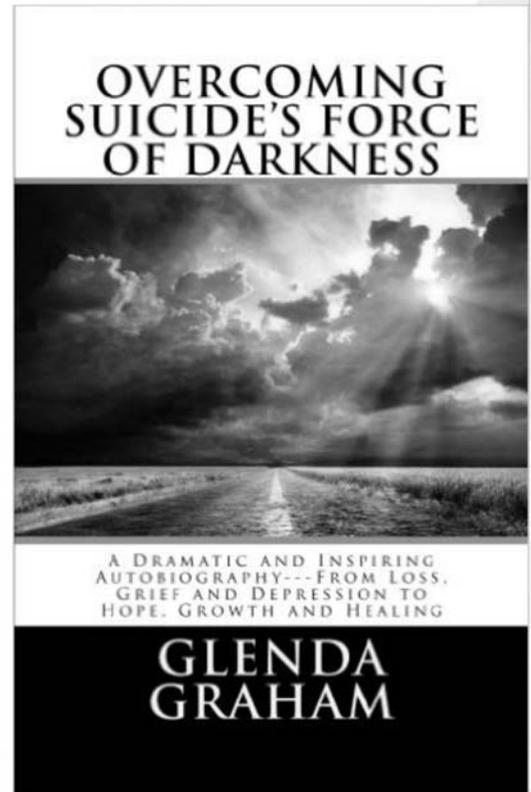
Overcoming Suicide's Force of Darkness, published last February by GG's Publishing, is the first book by Glenda Graham, a minister, professional pianist, and music educator. The book recalls her grief and recovery process following the suicide death of her husband Chris Alderton, a minister, in 2000.

The work covers Graham's life before and several years after Chris's death, recalling how her husband privately struggled even as the ministry he and his wife shared flourished.

"Though my husband's suicide threatened to destroy me, I did not stay in that paralyzing pit of despair. Instead, I chose to embrace truth and faith. As a result, I gained peace and freedom," Graham explains in the Amazon.com promotional description.

In addition to the pain caused by losing Chris, she also chronicles its effects on the couple's four children, whom she raised as a single mother until her remarriage seven years later. Graham's book also incorporates observations from other loved ones of ministers who have been lost to suicide, and their attempt to reconcile their faith with the especially complex mix of pain and stigma that results.

The book has been reviewed and recommended by *Comforting Friends*, the national newsletter for Friends for Survival, Inc., and currently carries a four-star rating on Amazon.



"The so-called 'psychotically depressed' person who tries to kill herself doesn't do so out of quote 'hopelessness' or any abstract conviction that life's assets and debits do not square. And surely not because death seems suddenly appealing. The person in whom its invisible agony reaches a certain unendurable level will kill herself the same way a trapped person will eventually jump from the window of a burning high-rise. Make no mistake about people who leap from burning windows. Their terror of falling from a great height is still just as great as it would be for you or me standing speculatively at the same window just checking out the view; i.e. the fear of falling remains a constant. The variable here is the other terror, the fire's flames: when the flames get close enough, falling to death becomes the slightly less terrible of two terrors. It's not desiring the fall; it's terror of the flames. And yet nobody down on the sidewalk, looking up and yelling 'Don't!' and 'Hang on!', can understand the jump. Not really. You'd have to have personally been trapped and felt flames to really understand a terror way beyond falling."

David Foster Wallace (1962-2008)
Infinite Jest

Suicide Loss Survivors Needed for Academic Survey



The University of Kentucky is seeking suicide loss survivors for a online survey.

This survey asks questions about the participant, the person who died, and the participant's experiences and perceptions of his or her contact with physicians after the loss.

The researchers intend to use the results to inform recommendations for physicians as they respond to bereaved individuals following a death.

The University of Kentucky study is available at <http://bit.ly/1X38CVN>.

Dear Brother

Dear Brother! Think we can erase your memory away?
 Oh No! I think we will always relive that terrible day.
 Words spoken, texts that were sent
 Promises made, obviously meant
 I wish you could have broken the spell
 That made years of your life a living hell!
 Obviously living in misery was not worth the fight
 As personal things happening to you just weren't right!
 The close calls with death that were taken lightly
 Makes me wonder if those who saw it, were not bothered any slightly?
 I cannot allow your memory to be discarded
 So I will continue to remember you thru true feelings imparted!

by Sheila Wade

In memory of her brother Darryl Weems (1971-2016)

**"We will not forget you.
 We will not dishonor you.
 We will remember and be glad that
 you lived among us."**

**Maya Angelou
 from "His Day is Done:
 A Nelson Mandela Tribute"**

If you would like to remember your loved one in "Out of the Shadows", please send your loved one's name, birth date, death date, your name, and your email address to tspn@tspn.org with the subject line "Remembrance."

"Out of the Shadows" wants your articles, poetry, prose, and artwork for the next issue and the ones to come. We'll also need suggestions and recommendations on how we can make it better.

If there's a piece you want to submit to the newsletter, send it to tspn@tspn.org with the subject line "OOS Submission".

Feedback and suggestions can also be sent to this address with the subject line "OOS Feedback".

Remembrances

Dustin Kyle Puckett 3/1/1968-12/9/2002	Jason Clark Flatt 3/20/1981-7/16/1997	Early Lee White 2/20/1950-4/15/2007
Steven H. Honeycutt 3/1/1975-1/18/2012	Philip Woodrow Robertson 3/24/1969-7/18/1989	Anne Greenfield Dyer 4/30/1955-4/16/2012
Jeffery Alan Burnett 3/1/1983-5/1/2007	Matthew Lawrence Cook 3/25/1972-2/15/2012	Andrew McQueen Carroll 4/18/1976-8/14/2010
Joshua Beau Peerson 2/17/1982-3/2/2013	Timothy Wallace Lehr 8/14/1965-3/25/2008	Brenda Chouinard Gagnon 6/2/1974-4/19/2013
Larry G. Roark 3/5/1943-9/4/2011	Keith Daniel Lawrence 9/11/1981-3/26/2016	Jennifer Shea Atnip 1/14/1975-4/21/2002
Michael Moore Beckwith 3/5/1952-1/4/2000	Marc Anthony Burridge 3/27/1967-6/30/2003	Jason Dale Holliday 4/22/1985-10/27/2013
Timothy Gill 3/6/1961-5/7/2000	Mary Margaret Finlayson Stocksdale 3/28/1906-1/15/1951	Joseph James "Joe" Costal 1/24/1981-4/23/2013
David Clifton Deveraux 3/6/1965-8/20/2006	John Matthew "Matt" Brittingham 3/30/1977-7/5/2006	Kimberly Kerfien 4/24/1968-6/9/2007
Wayne Broughton 3/6/1972-6/18/2009	Scott Zingheim 8/20/1962-3/31/2011	Paul John Sanders 12/31/1974-4/24/2005
Billy "Bill" Sherill Lowe 9/11/1938-3/6/2013	John Steven Trehwella 2/1/1955-4/3/2014	Susan Nye Woehr 4/25/1947-10/28/2007
Daniel Owen Hepburn 3/9/1973-2/20/2010	Eric James Powell 4/4/1972-5/17/1999	Blake David Anderson 4/25/1999-11/9/2015
Tiffany Ann Cantrell 3/9/1981-7/22/2006	Jarid Michael Henry 4/4/1988-6/8/2003	Robert Dale Cates 4/25/1991-10/18/2015
Marla Irwin Byrd 3/11/1967-2/28/1991	Roger Dale Smith, Jr. 11/15/1985-4/4/2010	Lowell Ratcliff 4/26/1924-5/18/2008
David Neal Matthews 4/25/1983-3/11/2016	Steven Ray Morris 10/15/1980-4/5/2001	Jeffrey Adam Presnell 8/18/1989-4/27/2011
Debbie Gulliot 3/12/1959-11/27/2004	Tyler Holcomb Dickson 9/5/1979-4/6/2003	Sean McKitrick 11/28/1984-4/28/2004
Nicholas James Aanderud 2/21/1986-3/13/2011	Harley David Snider 4/7/1979-10/15/1994	Juanita Suzette Douglas 12/3/1949-4/28/2007
Marianne Woodruff 8/18/1932-3/12/2014	Matthew Stephen Burson 4/8/1980-7/28/2011	Terry Lynn Nelson 4/29/1957-12/25/2006
Rebecca Annette Holt Johnson 4/30/1944-3/14/1999	Jonathan Head 4/12/1990-4/10/2014	Flora Elizabeth Burridge 5/30/1963-4/29/2003
Michael Lee Culbreath 3/15/1965-6/22/2004	Richard Allen LaBonte 12/24/1943-4/11/2007	
Shep Case 5/27/1993-3/17/2009	Jonathan Head 4/12/1990-4/10/2014	
David Christopher Cotton 12/5/1988-3/17/2010	Corey Onken 12/8/1988-4/13/2006	
Dylan James Pitman 3/18/1992-6/17/2013	Hugh Martin Mitchell, Jr. 12/20/1955-4/14/1998	

NOTE:

Flora and Mark Burridge are husband and wife.

Kimberly Kerfien and Corey Onken are mother and son.

Grief Support & Survivors' Meetings

West Tennessee

Jackson

Survivors of Suicide Loss
Paula Terry
pcterry64@yahoo.com
(731) 609-8897

Memphis

Healing Hearts Suicide Grief Support Group
Tonia Mitchell
momofjamaje@yahoo.com
(901) 743-4701

Middle Tennessee

Clarksville

Survivors of Suicide Loss
Veronica R. Conley
veronica.conley@centerstone.org
Debbie Mashburn
debbie.h.mashburn@gmail.com
(478) 320-7973

Columbia

GRief After SuicideS (GRASS)
Karyl Chastain Beal
karyllofcolumbia@cs.com
(931) 388-9289
grief-after-suicide.com

Cookeville

GriefShare
Marlene Bassetts and John Schaefer
mr.john2889@gmail.com
(931) 644-9600
griefshare.org

"Journey" grief support groups
(931) 525-2600
info@heartofthecumberland.org

Franklin/ Murfreesboro/ Nashville

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

Spring Hill

Finding Hope After Suicide
Douglas Johnson
tennesseedj@bellsouth.net
(615) 435-9621
findinghopeaftersuicide.com

Winchester

GriefShare
Pastor Jerry Jochem
jochem131@abundantlifewin.org
(931) 636-1120

East Tennessee

Chattanooga

SITE (Suicide Isn't the End)
Tonia Shadwick
wckedstepmom@comcast.net
(423) 834-1709

Survivors of Suicide Loss
Hilda Bevans

zueslittlebear@aol.com
(423) 697-9432
suicideperspective.com

Jefferson City

ComPaSS (Communicating the Pain as Suicide Survivors)
Dr. Cynthia Lynn
clynn3118@gmail.com
(865) 680-3256

Johnson City/Gray

Tri-Cities Survivors of Suicide Loss
Linda Harold
lindaphipps1973@gmail.com
(423) 245-5608

Knoxville

Suicide Grievors Support Group
Paula J. Alexander, LCSW, CGC
pj4031@tds.net

Morristown

ComPASS
Dr. Cynthia Lynn
clynn3118@gmail.com
(865) 680-3256

Sevierville

ComPASS
Dr. Cynthia Lynn or Jack and Robin Maples
clynn3118@gmail.com
(865) 654-8247 or 680-3256

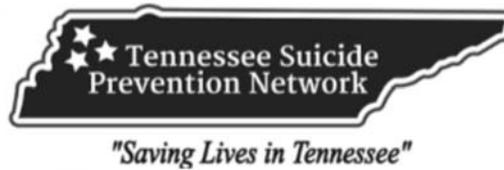
For more information on survivors' groups and groups outside Tennessee proper which have members from Tennessee (in other words, far eastern Tennessee and the Memphis area), please visit
<http://tspn.org/for-survivors-of-suicide>.

Need Help Right Now?

Losing a loved one to suicide is emotionally overwhelming. Survivors of suicide are at risk for attempting suicide because of the emotional upheaval they are experiencing. Feelings of hopelessness, feeling trapped, feeling like a burden to others, increased alcohol or drug consumption, sleeping too little or too much, and withdrawing or feeling isolated from others are signs that you or a loved one may need help now.

If you or a loved one are feeling suicidal, please seek help immediately. Call the National Suicide Prevention Lifeline at 1-800-273-TALK or visit www.suicidepreventionlifeline.org.

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org



TSPN works across the state to eliminate the stigma of suicide and educate communities about the warning signs of suicide, with the ultimate goal of reducing suicide rates in the state of Tennessee. TSPN's continued success is due in large part to volunteers willing to donate their time and energy. If you would like to volunteer with TSPN, please call (615) 297-1077 or e-mail tspn@tspn.org.

TSPN Regional Meetings

East Tennessee Region

monthly, 3rd Thursday, 12:15 PM
Third Floor Conference Room, Cherokee Health Systems, 2018 Western Avenue, Knoxville, 37921

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211

Northeast Region

monthly, 4th Thursday, 9:00 AM
Accounting Conference Room, Frontier Health, 1167 Spratlin Park Drive, Gray, 37615

Rural West

monthly, 3rd Wednesday, 10:30 AM
Behavioral Health Initiatives (BHI), 15 Executive Drive, Jackson, 38305

South Central

monthly, 1st Wednesday, 11:00 AM
(February, May, August, and November)
Conference call line (641) 715-0861; access code: 403540#
(March, June, September, and December)
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401

Southeast Region

monthly, first Thursday, 11:30 AM
Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502

Blount County Mental Health Awareness and Suicide Prevention Alliance

monthly, 1st Friday, 12:00 PM
Boys and Girls Club Meeting Room, Fort Craig Elementary School, 520 South Washington Street, Maryville, 37804

Bradley-McMinn-Meigs-Polk Counties Suicide Prevention Task Force

monthly, 2nd Wednesday, 11:30 AM
United Way of the Ocoee Region, 85 Ocoee Street Southeast, Cleveland, 37211

Davidson County Suicide Prevention Task Force

monthly, 2nd Thursday, 10:30 AM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 10:30 AM
Pulaski Police Department, 205 South First Street, Pulaski, 38478

Behavioral Health and Suicide Prevention for Hickman-Perry Counties

monthly, 3rd Friday, 12:00 PM (lunch served at 11:30 AM)
Hickman County Emergency Management Center, 550 Highway 100, Centerville, 37033

Montgomery-Houston-Humphreys-Rutherford-Stewart Suicide Prevention Task Force

monthly, 3rd Friday, 9 AM
Youth Villages, 651 Stowe Court, Clarksville, 37040

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 5:15 PM
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129