SOS Groups in Georgia

SOS Groups are often organized by trained survivors and held at donated space. From time to time, the times, days, and locations may vary or change. Before attending a meeting, please call or email the facilitator and confirm the details. As most hold other jobs, if the facilitator doesn’t answer please leave a message and they will call you back right away. They will be glad to speak with you and know that they can expect you at their upcoming meeting.

ALBANY
Bells Hall 229 234 7954

ATLANTA
Nancy’s Space
Doris Smith 404 349 9864
Continental Colors Play

ATLANTA/VANTOWN
Diane Davis
atlantamidtown@earthlink.net

AUGUSTA/MARTINEZ
Monika Podesa 803 334 2529
Lynn Pagano 706 664 8110

COLUMBUS
Mara Yekell 706 849 6500
Pastoral Institute

CONVERS
Paula Christian-Stallworth 770 820 1470

GRAMING FORSYTH
Hezzy Unwaha 404 660 6907

DUGASVILLE
Tori Johnson 770 577 9154 (11)
770 432 1621 Ext. 5522 (W)

FAVEVILLE
Jae Ann Dilbeck 678 770 5786

FLOYD ROME
Susan Clanton 706 568 7618

GWINNETT
Chantae or Miracle 770 322 4470

HABERSHAM
Natalie Hake & Donna Eager 706 754 4870 Ext 42

MACON
Gayle Ettinger, LCSW, 478 464 8138

MARIETTA
Terri Johnson 770 577 9154 (11)
770 432 1621 Ext. 5522 (W)

NEWNAN/CARROLLTON
Lydia & Nancy Bradley 770 251 6216

ROSWELL
Mary Ann Stark 770 923 8676

SANDY SPRINGS/ATLANTA
Karen Opp 404 256 2919
The Link Counseling Center

SAVANNAH
Barbara Meece 912 219 1989

SAVANNAH
Jim & Claire Futrell 770 596 8699

VALENCIA
Liliana Rodriguez 917 502 4346

VALENCIA
Larue Lock 770 310 6219

WARNER ROBINS
Ann Marie Cassady
Houstonscountysos@gmail.com

AND OTHER LOCATIONS
Go online to see times, dates, locations and next SOS support groups in Georgia.

WWW.GSPIN.ORG
For details go to www.gspin.org and click the survivors’ tab at the top. These groups are Georgia SOS Groups and support survivors of suicide. New groups are continually being formed, so check the website regularly for updates. You can also find complete information about SOS groups, counseling resources, and home visits on GSPIN, or call the Link National Resource Center for Suicide Prevention and Aftercare at 404-256-1919 to talk about these services or learn more about the resources available for survivors in Georgia. These are not crisis resources. If you are in crisis, please contact:

GEORGIA SOS
P.O. Box 2096
Woodstock, GA 30188
georgiasurvivors@gmail.com
www.gspin.org

The funding for www.gspin.org and training and support to grow our Georgia SOS Network is made possible through a grant from the Department of Behavioral Health and Developmental Disabilities’ Suicide Prevention Program.

January 2016

Survivors of Suicide

You are not alone...

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

Have you... lost a loved one to suicide? If the answer is yes, then... you are a Survivor of Suicide.
Survivors of Suicide

SOS CAN HELP

Remember that healing takes time and

by yourself.

ever do. Be patient and don’t try to do it

this may be the hardest thing you will

mentally, emotionally, and spiritually.

take care of yourself physically.

seek professional help if needed.

afraid of suicide.

remember that many people are

without judging.

seek out people who are willing to listen.

and at their own pace.

Each survivor grieves in their own way.

that they are normal.

common reactions to grief. These

ranged from depression and isolation are.

Feelings of shock, guilt, blame, anger.

Know that you can.

Even if you feel that you cannot survive.

Advice for Survivors...

You are not alone...

...survivors become survivors of a loss.

In the past 25 years, over 6 million

people in the United States become survivors.

Approximately 500,000 people in the

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