

## 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 move 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

Babs Hall 229.234.7954

### ATHENS

Leslie 706.227.1515

Naj's Space

ATLANTA

Doris Smith 404.349.9864

Continental Colony Pkwy

ATLANTA/MIDTOWN

Duane Davis

atlantamidtownsos@gmail.com

AUGUSTA (MARTINEZ)

Monika Podesta 803.514.2329

Lynn Pagano 706.564.8110

COLUMBUS

Meret Yeldell 706.649.6500

Pastoral Institute

CONYERS

Paula Christian-Stallworth

770.929.1470

CUMMING/FORSYTH

Sherry Unwala 404.666.0907

DOUGLASVILLE

Terra Johnson 770.577.9154 (H)

770.432.1621 Ext. 5522 (W)

EAVEY/HEVILE

Joe Ann Dilbeck 678.770.5786

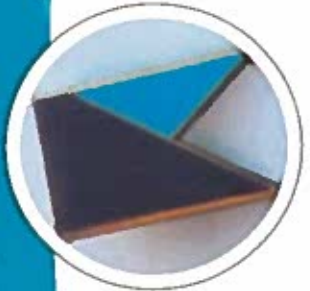
FLOYD/ROME

Susan Claxton 706.368.7618

GWINNETT

Christy or Maricle 770.322.4470

Continued...



### HABERSHAM

Nanette Hake & Betsy Leger

706.754.4870 Ext. 42

MACON

Gayle Estrade LCSW 478.464.8138

MARIETTA

Terra Johnson 770.577.9154 (H)

770.432.1621 Ext. 5522 (W)

NEWNAN/CARROLLTON

Lynn & Nancy Bradley 770.251.6216

ROSWELL

Mary Ann Stark 770.998.6659

SANDY SPRINGS/ATLANTA

Karen Opp 404.256.2919

The Link Counseling Center

SAVANNAH

Barbara Moss 912.629.1089

SMYRNA

Jim & Clair Farmer 770.596.8690

VADOSTA

Tamara Hardesty 917.502.4346

VILLARICA/CARROLLTON

Janet or Maureen 678.310.6219

WARNER ROBINS

Ann-Marie Cassabry

Hamptoncountyos@gmail.com

AND OTHER LOCATIONS

Go online to see times, dates, locations and new

SOS support groups in Georgia.

### WWW.GSPIN.ORG

For details go to [www.gspin.org](http://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](mailto:georgiasurvivors@gmail.com)

[www.gspin.org](http://www.gspin.org)

The funding for [www.gspin.org](http://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

Have you...

lost a loved one to suicide?

If the answer is yes, then...

you are a Survivor of Suicide.



You are not alone...

## Survivors of Suicide

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

# Survivors of Suicide

*A survivor of suicide is any person who has lost a loved one to suicide. It could be the loss of a family member, friend, client, co-worker. Loss is relative to the relationship with the person, so all who are impacted by the loss are considered a survivor of suicide.*



## ***You are not alone...***

Annually, suicide takes the lives of almost **43,000** Americans, and almost **1300** Georgians.

Each suicide leaves behind an estimated **14** known survivors.

Approximately **500,000** people in the United States become survivors each year.

In the past **25** years, over **6 million** Americans became survivors of a loss by suicide.

## *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 may be 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.*



## **SOS CAN HELP**

Survivors of Suicide 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 SOS meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen.