

## Our Mission

**Friends for Survival, Inc.** is an organization for people who have been affected by a death caused by suicide. We are dedicated to providing a variety of peer-support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss, and educate the entire community regarding the impact of suicide.

Your Local Contact:

### **Sacramento and National Contact**

**Marilyn Koenig**  
**Executive Director**

916 .392 .0664

P.O. Box 214463 • Sacramento, CA 95821

**[www.FriendsForSurvival.org](http://www.FriendsForSurvival.org)**

You can also e-mail us at

**[FFS@TrueVine.net](mailto:FFS@TrueVine.net)**

***Suicide Loss Helpline***

800 .646 .7322



**United Way**  
**Certified Partner**  
**Agency #3043**

# Offering Help After A Suicide Death



**Friends  
For  
Survival**

***A National Outreach Program  
for Survivors after a Suicide Death***

**[www.FriendsForSurvival.org](http://www.FriendsForSurvival.org)**



You can also join us on facebook

## What Is Friends For Survival?

**Friends for Survival, Inc.**, is a national, nonprofit organization for those who have experienced a death by suicide of a family member or friend and also accepts professionals who work with those who have been touched by a suicide tragedy.

**Friends for Survival, Inc.**, organized by and for survivors, has been offering services since 1983.

All staff and volunteers have been directly impacted by a suicide death. We provide a variety of peer-support services that comfort, encourage, and educate those in grief. We strive to increase community and national awareness of the impact of suicide.

## What Does Friends For Survival Offer?

- Community-based chapters
- A monthly newsletter of sharing and information
- Monthly Bereavement Support Forums
- Education from healthcare professionals and community advocates
- Information and referral regarding local resources
- Lending library of books
- Suicide Loss Helpline with volunteers who have shared the tragedy of suicide
- Training for volunteers
- Program for educating the community on suicide awareness
- Consultation available to work places and agencies impacted by a suicide death
- Conferences and retreats
- Speakers Bureau

Your tax-deductible donation enables **Friends for Survival** to continue to serve the needs of grieving families. Please contact your local chapter, as listed on the back of brochure, or the national office:

**Friends for Survival, Inc.**  
P.O. Box 214463 • Sacramento, CA 95821

**Shock**  
**Disbelief**  
**Guilt**  
**Shame**  
**Memory Loss**  
**Anger**  
**Sleeplessness**  
**Loss of Productivity**  
**Depression**  
**Relief**  
**Intense Emotional Pain**

These are some of the feelings and reactions experienced by those who are left after a loved one dies by suicide. Survivors are troubled by such feelings for longer than society generally recognizes.

Although each person's grief is personal and individual, similarities are shared with others who have experienced a suicide death. Many people find talking to family and friends about the death difficult, thus experiencing feelings of isolation and alienation. For survivors to feel completely alone is not unusual *unless* contact is established with others who share this commonality of experience.

The loving outreach of **Friends for Survival, Inc.** volunteers can bridge the gap between despair and renewed hope. Those whose grief is recent or overwhelming can lean upon the shoulders of those who have made progress in the difficult task of working through grief.