

SOS NEWS

July 2010

Next Step

For those who have already gone through the SOS program, Next Step Meetings take place the second Tuesday of the month from 7-9 pm.

Do you have a story to share? Help us help others. Send your story to:

jenyceg@sccenter.org

MISSION STATEMENT

Helping those in crisis, especially suicidal crisis, find hope for the future.

The valuable services provided by the Suicide and Crisis Center of North Texas are made possible because of the generous contributions by others. If you would like to make a contribution, go to our website at www.sccenter.org

VOLUNTEER/SURVIVOR SPOTLIGHT

I came to the Dallas Suicide and Crisis Center in April of 2007. Michael, my husband of 15 years had just taken his life, and I was terribly lost, lonely and in unimaginable pain.

My whole life changed in an instant and I never saw it coming. Michael had no previous attempts, never threatened to do anything like this, and wasn't depressed, to my knowledge, anyway. In fact, he was someone I looked up to and admired for his stalwart philosophy of going on, continuing to try, even in the face of embarrassing failures and disappointments. I thought we would be together for a very long time to come.

My SOS group saved me. It was the first place I could tell others honestly that I wanted to die too. It was safe there to say anything. The unthinkable had come to pass, and with the help of these people, my life by seemingly infinitesimally small increments, became more bearable. After the group was over, I determined that I wanted to honor Michael and remember him in some positive way through the Center. I made a number of phone links, appeared several times on panels to train hotline volunteers and recently completed facilitator training. I hope to lead a support group this year and help others in their work towards recovery.

- Karen Cole Bieber



New Locations Needed

While the Crisis Center is centrally located, the need for assistance in the aftermath of a suicide is far reaching and many cannot commute into Dallas. We are in need of alternate locations to better serve those in need in outlying areas such as Plano, Richardson and North Dallas.

If you know of a comfortable space that is available for 8 weeks, please contact us at the Crisis Center.

You know the old saying, the sun will come up tomorrow? It always does.

Unfortunately, today is a day that brings me crazy sadness because it is the warmest day of the new year that we've had and it takes me back to the exact day 3 years ago that I received the heart-wrenching news.

The Bradford Pear trees were blooming, the birds were singing and it was the kind of day where everyone decides to work in their yards, wash their cars and be outside to enjoy the sunshine.

This is the kind of day that always made me want to dig out my flip flops and just be happy. But today, all I want to do is cry because as beautiful as the day is.....it takes me back to the feel of the sun on my skin and the smell in the air when I received that call and so I have found myself tearing up more than several times today.

I think also, that my sadness is so immense because I know that things have changed. The little baby son that my brother left behind is now in kindergarten

and has lost 2 teeth! I will turn 50 in a few days and don't have my brother here to tease me mercilessly about being old. He always called me "Baby Sister", even though I stood a good 3 inches taller than him!

But the one change that has come about is that the wife that my brother left behind has discovered that it is ok to love again. She has found a wonderful, sensitive, compassionate man that loves my little nephew like his own. He does all the important things like play ball with him, teach him that it's not ok to hit girls, takes him horseback riding on his ponies and from what I hear this new guy can really cut the rug on a dance floor.

I see very little of the sister-in-law that I've been so close to for the last three years. It makes me tremendously sad, but at the same time, I am happy for her. I am happy that she has found someone who can be almost as wonderful to her as my brother was. And I am grateful that she has sur-

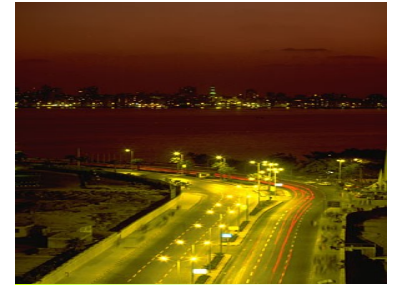
vived the tremendous pain that my brother left behind.

At first I wasn't sure what to think about all of this. We think that our hearts will never stop hurting and that there will never be anyone else to take the place of our loved ones. And that statement is absolutely true. There is NO one that can take their place. But what I have found is that life does go on. Everyone told me it would and I didn't believe them, but it's true.

The sun continues to come up. The Bradford Pear trees still bloom and the birds still sing outside my window every morning. I still miss him every day,

We have a right to move on, to be happy, to enjoy life. That doesn't mean that we ever forget about our loved ones or that we care for them any less. It does mean that we can learn how to enjoy life again and soak up the sunshine and maybe even twirl on the dance floor.

- Robin



Things I've learned:

- The pain gets easier, but it never totally disappears.
- It is OK to laugh, have fun and make plans for tomorrow.
- Cursing still helps—even after 3 years!
- People say not to make important decisions too soon—trust this advice. You won't be thinking sensibly so let someone that you trust do your thinking for you.
- Everyone will tell you how important it is to take care of yourself. Listen to them...they know.
- It's important to stay in touch with friends I've made in SOS. We need each other....madly!

Postvention Assistance

Because we know that families of suicide victims are not the only ones who suffer, we have a program available to reach out to business and their employees who have experienced the loss of a friend or co-worker through suicide.

We have trained specialist who are ready to assist by coming to your office or place of business and helping you get through the tough times until you are able to get into an SOS group. If you or someone you know might need our help, please call Jenyce Gush at 214-824-7020

There is often in people
To whom "the worst" has happened
An almost transcendent freedom,
For they have faced "the worst"
And survived it.