

## The Suicide Survivor's Bill of Rights

- ◇ I have the right to be free of guilt.
- ◇ I have the right **not to feel responsible for the suicide death.**
- ◇ I have the right to **express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.**
- ◇ I have the right to **have my questions answered honestly by authorities and family members.**
- ◇ I have the right **not to be deceived because others feel they can spare me further grief.**
- ◇ I have the right to **maintain a sense of hopefulness.**
- ◇ I have the right to **peace and dignity.**
- ◇ I have the right to **positive feelings about one I lost through suicide, regardless of events prior to or at the time of the untimely death.**
- ◇ I have the right to **retain my individuality and not be judged because of the suicide death.**
- ◇ I have the right to **seek counseling and support groups to enable me to explore my feelings honestly to further the acceptance process.**
- ◇ I have the right to **reach acceptance.**
- ◇ I have the right to **a new beginning. I have the right to be.**

(Jeffrey Jackson, "A Handbook for Survivors of Suicide," pg. 30)



THE NEIGHBORHOOD CENTER, INC.  
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*"Even the longest journey  
begins with a single step"*

## Survivors of Suicide Support Group

For More Information  
Call (315) 732-6228  
[www.neighborhoodctr.org](http://www.neighborhoodctr.org)

The Neighborhood Center Inc., recognizes suicide as a serious public health issue. In response to the needs of our community, and in keeping with the mission of the agency, we offer the ***Survivors of Suicide Support Group***.

**When:**

Every 3rd Wednesday  
of the month

**Where:**

First United Methodist Church  
105 Genesee Street  
New Hartford, N.Y.

**Time:**

6:30-8:30 pm

Losing a loved one to death by suicide can be devastating for friends and family members. The normal grieving process is complicated by feelings of shock, injustice, guilt, shame, and blame. The sense of helplessness and hopelessness can be pervasive and can lead to long-term mental and physical health issues if not addressed.

The SOS support group provides a safe place to discuss the issues at hand with others who have experienced similar traumatic circumstances; a place to gather resources and information about suicide prevention and intervention; and a place to express the strong emotions you are experiencing as a result of the loss of a loved one to suicide.



***“For the person you lost, the pain is over. Now it’s time to start healing yours”***

Don’t try to go through it alone. There are people who understand what you are going through and are ready, willing and able to help.

Time heals, but time alone cannot heal the suicide survivor. You must use that time to heal yourself and lean on the help and support of others. It might take years to truly restore your emotional well-being, but you can be assured one thing: **it will get easier.**

***FACTS you must accept...***

- ◇ *The only person who truly bears responsibility for a suicide is the victim.*
- ◇ *I have no way of knowing what would’ve happened if events played out differently. Many people go on to commit suicide, despite repeated rescues, even while under the care of trained mental health professionals.*
- ◇ *The person I lost was probably suffering from an emotional illness, and should be judged otherwise.*
- ◇ *The person I lost made a tragic, regrettable choice to end their life.*
- ◇ *I cannot predict the future, and did the best I could with the knowledge I had.*
- ◇ *I am only human and can’t control all the events around me.*
- ◇ *My life will be forever changed by loss, but my life will go on.*