



S.O.L.O.S.

Survivors of Loved Ones' Suicides

SUICIDE!

The very word can cause physical shudders, shame and silent agonies. For those who have lost a loved one through suicide, this can be a very devastating and traumatic experience, which often results in shock, anger, guilt, pain, isolation and depression in an intensified way.

S.O.L.O.S. is a support group designed to help families and friends of suicide victims cope with the sorrow of the tragedy and the pain of survival.

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S.O.L.O.S.

Meets on the first and third Wednesday
of each month.

Time: 7:00 p.m. to 8:30 p.m.

Place: The Ecumenical Center
8310 Ewing Halsell Dr.
San Antonio, TX 78229
210-616-0885 ext. 313

Tony Mata 210-885-7069 or
Angie Navarette 210-722-9752 or
www.solossa.org

The suicide of a loved one leaves
the survivors in the middle of an
emotional mine field -
with anguish, stigma, anger,
blame and guilt -
with the ever present question:

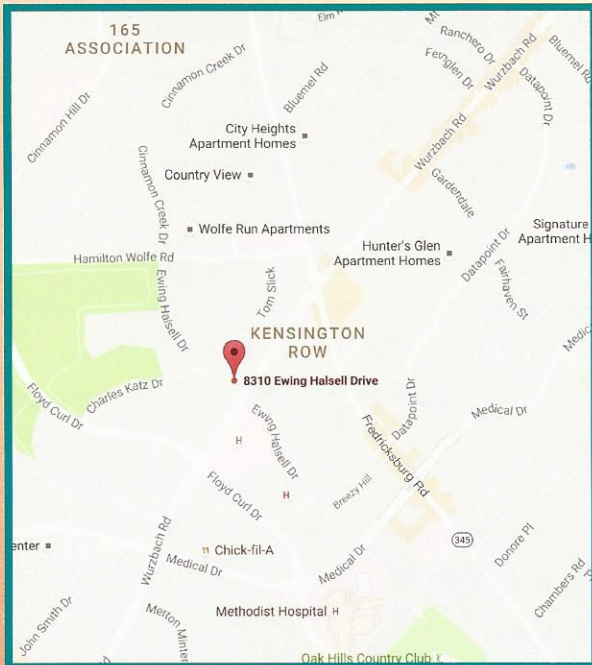
WHY?

" I am angry at her and will
never forgive her for what she
did to our family."

"I can't believe he's gone."

"I miss him so."

"I feel like I'm going crazy."



I feel I have a big sign on me —
"My son committed suicide"

... "I've got to stop feeling
responsible for his death.
If I was responsible he
would still be alive"

GRIEF

is the Price we pay for love.

If you are heartbroken by the loss of a loved one through suicide, come to a place where you may find space to grieve and to heal with people who understand your pain and your hurt.

Come as often as you need to. The group is open to adults from all occupations, and religious denominations. There are no fees or dues.

S.O.L.O.S. GOALS

1. To help survivors better understand and cope with their situation.
2. To create an atmosphere of support where survivors can share feelings with each other and learn from each other.
3. To encourage survivors in the regrowth of self-esteem and the development of a better attitude toward life.

REMEMBER:

*You are not alone.
We'll support each
other toward a healthy
resolution of the grief.*

RESOURCES

The American Foundation for Suicide Prevention

www.afsp.org

National Institute for Mental Health

www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml

Suicide Prevention, Awareness & Support

www.suicide.org

American Association of Suicidology

suicidology.org

AFSP South Texas

afsp.org/chapter/afsp-south-texas/

SUPPORT GROUPS

Children's Bereavement Center of South Texas

Phone 210-736-4847

www.cbcst.org

National Alliance on Mental Illness, San Antonio, TX

Phone 210-734-3349

www.nami-sat.org

www.allianceofhope.org