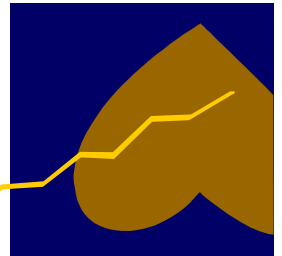


Warren-Washington Association for Mental Health
AMH/GOFAMH
230 Maple Street
Glens Falls, NY 12801
www.wvamh.org

GLENS FALLS AND GRANVILLE
A bi-monthly gathering of individuals of all ages, incomes,
races, and genders who share in the struggle to understand
and mend from the complex grieving of losing a loved one to
suicide. All are welcome.

A Support Group for Survivors of Suicide

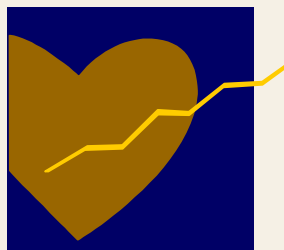
Ray of Hope



NONPROFIT ORGANIZATION
AUTOCR
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GLENS FALLS, NY
PERMIT #33

Every 18 minutes
someone dies
by suicide.

Every 19 minutes
someone is left
to make sense of it.



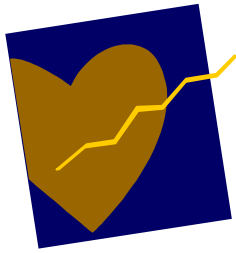
Deaths by suicide out number deaths by homicide.

The number of New Yorker's who lost their lives to suicide in 2000 and 2001 exceeds the number who lost their lives to the World Trade Center disaster.

Approximately 150,000 New York teenagers attempt suicide each year.

Suicide is now the 3rd leading cause of death among younger New Yorkers ages 15 to 24.

Across the nation, a senior citizen dies by suicide approximately every 90 minutes.



Ray of Hope

SUPPORT GROUP FOR SURVIVORS OF SUICIDE

Ray of Hope is a support group for the people who are left to make sense of a loved one's suicide. Grieving a loss to suicide is a unique and painful bereavement. It is important for survivors and those who support them to be aware of the complicated mix of social and psychological factors that survivors face, including a grieving process that may be three to five times longer than average.

Survivors often experience some or all of the following:

- **Shock** is a common immediate reaction. You may feel numb or disoriented, and may have trouble concentrating.
- **Symptoms of depression**, including disturbed sleep, loss of appetite, intense sadness and loss of energy.
- **Anger** towards the deceased, another family member, a therapist, or yourself.
- **Relief**, particularly if the suicide followed a long and difficult mental illness.
- **Guilt**, blame, shame including nagging thoughts of "If I had only..."
- **Rejection**, desertion, abandonment

If and when you need help

Support Groups provide a safe and accepting place where survivors can share experiences. Talking to others who know the loss caused by suicide can be an important part of the healing process. Hearing their struggles—and how they learned integrate the pain, confusion, and social stigma can provide a *Ray of Hope* when you doubt that healing will ever be possible.

The group is free and meets each month with no attendance requirements. Personal expressions of emotions and experiences are an individual's choice. Young people are welcome as long as parents or caregivers know about participation. Start up is September 2007.

Ray of Hope SOS Facilitator: Lillian Hansen, Voices of the Heart

For information contact:
Lillian, 747-8404 or Karen, 793-2352, ext. 237.

The support group was named in memory of Ray who, along with his parents, had depression. Ray was a Navy man, father of two boys and gave to others when they needed help. Ray's humor, adventuresome spirit and kindness were silenced in 1999 on Silversand Beach in Milford, Connecticut. Ray's widow, Lillian Hansen, is now a facilitator for Ray of Hope.

Schedule & Directions 6:00pm-7:30pm

GRANVILLE

MONTHLY- 2ND WEDNESDAY

St. Mary's Church

All Saints Hall, 7 Morrison Avenue 642-1472
Directions: From intersection at Rt. 4 and Burgoyne Avenue, turn LEFT on NEXT traffic light onto CR-41 to NY-149 (road bears right). At end of NY-149, LEFT on NY-40 / NY- 149 (Stewarts on right after turn). Go to blinking light at firehouse, take RIGHT (NY-149). Go approx. 7.5 miles to traffic light in Granville. Stay straight to go onto CR-26 (.7 miles). Turn LEFT onto Morrison Avenue (.02 miles).

GLENS FALLS

MONTHLY- 4TH TUESDAY

Mental Health Center

2nd Fl., 230 Maple Street 793-2352
Directions: Maple Street begins at Bay Street in downtown Glens Falls (Crandall Library and the Queensbury Hotel are on either side). Travel east to Orchard and Maple (1 block from the end of Maple). 230 is the two-story brick building on the left. Parking is just beyond the building on Maple .

The Ray of Hope SOS Planning Committee consists of individuals who have experienced the loss of a family member because of suicide: Paulette Gidley, Lillian Hansen, Ann Mantz, Karen Padowicz, Vivian Reiben and Michelle Rivette.

Start up funding for Ray of Hope Suicide Survivors Support Group has been provided by a grant for Suicide Prevention and Awareness from the office of Senator Elizabeth Little and OASAS (Office of Alcohol & Substance Abuse Services). The Group is Co-Sponsored by Warren-Washington Association for Mental Health; Coalition for the Advancement of Mental Health; Karen Padowicz 793-2352. Karen@wwamh.org. and Voices of the Heart: Lillian Hansen 747-8404.

Ihanen.voh@albany.twcbc.com with support from the National Alliance for the Advancement of Mental Health-North Country Chapter.

Annual Suicide Events

Past & Present: Caring about Suicide

A vigil to remember those who have died by suicide and to speak up about this growing public health concern. Held in conjunction with National Suicide Awareness Week, the second week in May.

Out of the Darkness Community Walk

September in Saratoga. 3-mile walk in memory of Dr. Rita Leighton who lost her fight with depression on October 12, 2004. Benefits programs of the American Foundation for Suicide Prevention and regional affiliates.

Survivors of Suicide Day

Sponsored by the American Foundation for Suicide Prevention the Saturday before Thanksgiving. Held locally at 230 Maple Street in Glens Falls. Nationwide, sites are linked through a live internet broadcast.

Support Group Facilitator Training

Ray of Hope will sponsor a free facilitator training for people who are ready to become more actively involved. Ray of Hope SOS Support Groups can be started in other communities as facilitator interest and training increases.