

REAL NEEDS REAL IMPACT

UNITED, WE CAN CHANGE LIVES... BE PART OF THE CHANGE

THE SAMARITANS, INC.

Penny's Son Noah

"I have been attending *A Safe Place* meetings regularly since February of 2009. My 28 year old son died by suicide in January 2009 and I was devastated. I couldn't make sense out of his suicide. There still are many unanswered questions. The resources The Samaritans provide, like *A Safe Place*, for survivors of suicide loss, have been instrumental in helping me come to an acceptance of my son's suicide. *A Safe Place* meetings are a refuge from the stigma and confusion of living in a world that does not like to talk about suicide. I am able to talk about my son and listen to others' experiences. The Samaritans also provides literature, programs about suicide and other resources to help with grief.

"I was shocked when my son died. I had no idea that he would take his own life. Most of the other people who have attended *A Safe Place* were also shocked that their loved one suicided. Noah was battling undiagnosed depression. His depression overtook him and he couldn't see the options available for him. So many of Noah's friends and family saw him as funny, athletic—loving life. He suffered in silence. He was an amazing athlete and played ice hockey, golf and worked out in the gym. His active lifestyle helped him manage his depression. A month before he died, he broke an ankle playing hockey. He was unable to even get out of his apartment. Noah lost hope. There is no place for blame. Noah suffered from a brain disease. I am so grateful that The Samaritans is in Keene, and people can come to *A Safe Place* to find comfort.

"The weekend before Thanksgiving, The Samaritans, sponsor an annual international seminar for survivors of suicide loss. This annual seminar through closed circuit TV, shows a panel of folks from all over the US, from all economic, racial, ethnic backgrounds, who share their loss of a loved one to suicide. It is comforting to know that I am not alone, and although I would never choose to be part of this group of people who have lost a loved one to suicide, I have met some of the kindest, compassionate people.

"*A Safe Place* has been a lifeline for me. Some may wonder why I continue to attend weekly. Many think 7 years is time enough to get over a loss. In these past 7 years the hole in my heart remains, but I am able to carry this loss in a different way. Instead of sharp edges of the stigma associated with suicide and mental illness, I am able to uphold Noah's life with a promise to live my life with kindness as my guide, and a promise to talk about my feelings, the stresses of being human, the deadly disease of depression, and what it means to lose someone to suicide. I reached out to The Samaritans for help and they answered that call. These past 7 years The Samaritans has been a loving force in my recovery. Executive Director Carmen Trafton, is always available to me and other survivors, and supports and helps us with her humor, compassion, comfort and commitment to helping others understand suicide and the hope of prevention. I am grateful for all the support that Carmen, her staff and volunteers have given me and all of the others who walk through the doors of The Samaritans looking for comfort."

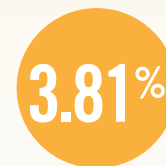
The Samaritans, Inc. provides suicide prevention, intervention, and post-vention services through support groups, anonymous and confidential hotlines, community education, and outreach.

To learn more about The Samaritans, Inc., visit: samaritansnh.org.



SUICIDE RATE
IN CHESHIRE COUNTY
BETWEEN 2007 AND 2013*

SUICIDE IS THE
SECOND LEADING CAUSE OF DEATH
OF NH INDIVIDUALS AGE 15-34 AND THE
THIRD LEADING CAUSE OF DEATH
OF NH INDIVIDUALS AGE 10-14 AND 35-44**



OF NH INDIVIDUALS
18 AND OLDER
HAVE HAD
THOUGHTS OF SUICIDE
IN THE PAST YEAR***

* Office of Chief Medical Examiner, NH.

** National Center for Health Statistics, National Vital Statistics System.

*** National Survey on Drug Use and Health, 2012-2013.

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED



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WHEN YOU GIVE THROUGH MONADNOCK UNITED WAY...

WE CAN **FUND** THE PROGRAMS...

THAT WILL **HELP CHANGE LIVES!**