

# Voices of save.

**Our mission** is to educate about suicide prevention and to speak for suicide survivors.

**Suicide Awareness Voices of Education™**

Spring 2003

## Network News Source Picks Up SAVE National Campaign

Network News Source is releasing a national news story about SAVE's relationship with the Goltz Seering Agency in Green Bay, Wis., and the development of a new national media campaign.

Network News Source is a world-leading newsgathering and delivery service working directly with television stations to

cover breaking news effectively and plan newscasts around observances, seasonal topics and current events. The service learned about SAVE's media campaign and the story behind it and deemed it a potential human-interest piece.

As you read in the last issue of "Voices of SAVE," what began as the Goltz & Associates employees' effort to cope with the tragic death of their president, Robert Goltz, has become a mission to stop depression from taking another life. The media campaign consists of television, radio, outdoor and newspaper public service announcements and a depression awareness/suicide prevention resource guide.

The campaign has been a healing process for the employees who knew the Goltz president. "We're pouring our hearts and souls into this effort because losing Bob had such a profound effect on so many of us," says Janet Bonkowski, public relations director.

Network News Source is producing a 90-second news story and will be uplinking to more than 800 television stations across the country during Suicide Prevention Week May 4-11. ACNielsen, a broadcast tracking system, will provide a report of news stations that run the piece. NNS estimates it will reach more than 15 million people. Look out Oprah and Katie Couric - here we come!

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SAVE's Annual Suicide Awareness Memorial is scheduled for Saturday, Nov. 22, 2003, to correspond with National Suicide Survivor Day. See Page 3 for further details.

## SAVE Golf Classic Slated for Aug. 4

Here's your chance to play one of Minnesota's best golf courses while supporting SAVE's educational efforts. SAVE's annual Golf Classic will take place Aug. 4 at Dellwood Hills. Randi Kaye, news anchor for WCCO-TV, will be the celebrity host at the event, which includes a dinner and presentation.

Dellwood Hills is an 18-hole championship golf course that is both beautiful and challenging. The course presents an exciting but fair test of a golfer's ability. The signature 18th hole is considered one of the finest finishing holes in the state.

SAVE's golf tournament and silent auction is SAVE's major fundraiser. To donate auction items, make your reservation for golf and dinner or secure a corporate sponsorship, call the SAVE office at 952.946.7998, ext. 15. If you're not golfing, consider an afternoon of shopping at nearby White Bear Lake before joining the rest of the group later.



WCCO TV's Randi Kaye will host the SAVE Annual Golf Classic Aug. 4, 2003

# Life Saving Strategies - Minnesota Suicide Plan Calls Physicians to Action

Editor's Note: Here are excerpts from an article reprinted from Minnesota Physician Publishing, Inc.

By Candy Kragthorpe, M.S.W.

The call for physicians to take an active role in suicide prevention is gaining momentum in Minnesota and nationally. According to the recently released Institute of Medicine report, "Reducing Suicide: A National Imperative," 1 million people worldwide die by suicide each year. Nearly four times the number of U.S. citizens committed suicide than died in the Vietnam War during the same time period. In Minnesota:

- Suicide is a leading cause of death for 10- to 34- year olds
- About three times as many Minnesotans die from suicide as from homicide (approximately 500 deaths per year)
- Males comprise approximately 80 percent of all suicide deaths.
- Minnesotans ages 20-24 had the highest suicide rate of all age groups between 1990 and 1999; and
- Self-inflicted poisoning and cutting/piercing are leading causes of nonfatal hospitalization and emergency department-treated injury in Minnesota, especially among young females.

### Legislative mandate

At the request of the 1999 Minnesota Legislature (Chapter 245, Article 1, Section 3), the Minnesota Department of Health (MDH), in consultation with a large group of statewide stakeholders, developed as state suicide prevention plan. Using the 1999 "Surgeon General's Call to Action to Prevent Suicide" as its

blueprint, the Minnesota plan includes recommendations from the commissioner of health and 28 suggested strategies from an ad hoc advisory group. In addition, a workgroup of the advisory group developed a set of recommended school-based strategies and a suicide data workgroup convened in November 2002. Strategies include recommended actions for physicians and others to implement in their communities.

The suicide prevention plan received a big boost in 2001 when the Legislature approved an appropriation of \$1.1 million annually to MDH to implement the plan. Most of the funding goes to local communities to help them build capacity to implement the recommendations in the plan.

### A public health approach

In 2002, MDH awarded 14 grants to community-based agencies throughout the state. These grants fund a wide range of suicide prevention and evaluation activities, including education, outreach and advocacy to populations at risk for suicide, community helpers, "gatekeepers" who come in regular contact with people who may be suicidal, employers, and a broad range of professionals.

The public health, community-based approach utilizes the following strategies:

- Increasing coordination and integration of existing and future suicide prevention activities across the state and in local communities;
- Working with local public health agencies, health care providers and other community-base partners to identify,

develop, implement and evaluate culture- and age-specific best practices for preventing suicide; and

- Promoting greater public awareness and acceptance of mental health concerns.

Strategies common to all reports and documents on suicide prevention address the critical role of physicians especially primary care and mental health providers play in preventing suicide. These strategies include the following:

- Screen patients for mental disorders and suicidal thoughts, behaviors and risk factors. Make appropriate referrals to mental health professionals and conduct follow-up aftercare, as needed. The U.S. Preventive Services Task Force (USPSTF) now recommends screening adults for depression where systems are in place to assure accurate diagnosis, effective treatment and follow-up. All positive tests should trigger full diagnostic assessments using standard diagnostic criteria (i.e., "Diagnostic and Statistical Manual of Mental Disorders," Fourth Edition (DSM-IV) (USPSTF, 2002).
- Provide education, support and encouragement to patients to seek treatment and help for suicidal feeling, depression and other brain disorders, and related risk factors such as substance abuse, addiction and eating disorders.
- Continue regular follow-up contact with suicidal patients, especially in the early weeks after discharge from a hospital.
- Improve suicide risk assessment training by professional organizations to health care providers.

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A sincere thank you to everyone who contributed to the Spring 2003 SAVE newsletter!

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SAVE is a grassroots national non-profit organization that was started in Minneapolis, MN in 1989 by suicide survivors. Goals are realized largely through volunteer efforts.

## Minnesota Voices

Life Saving Strategies from page 2

- Include the study of suicide in curricula by medical schools and professional licensing, certifying and re-certifying, and accrediting bodies.
- Form partnerships of professional medical organizations with federal, state and local agencies to promote and implement suicide prevention strategies, programs and research agendas.
- Promote restricted access to lethal methods of suicide by education patients, their family members and loved ones.
- Ensure that medical institutions and health care facilities have in place adequate suicide prevention and intervention policies and protocols and ensure that staffs are adequately trained on proper implementation of protocols.
- Work with local journalists and the media to provide safe and accurate reporting of suicides in keeping with national recom-

mendations (at <http://www.asc.upenn.edu/test/suicide/web/3.html>).

Minnesota physicians have an important role to play in each of these areas. Support and efforts from a number of statewide partners are needed for a truly comprehensive approach to suicide prevention. While suicide involves multiple individual, social and environmental factors, it is rarely random or inevitable; Minnesotans can take measures to prevent the tragic loss of life through suicide.

*Candy Kragthorpe, M.S.W. is a mental health programs coordinator for the Minnesota Department of Health. For more information about the Minnesota Suicide Prevention Plan, contact David Boyd, suicide prevention coordinator, Minnesota Department of Health 651-281-9941.*

## Pedaling for Prevention

The second annual SAVE Ride for depression awareness and suicide prevention will take place in September along the beautiful Cannon Valley Trail beginning in Cannon Falls, Minn. The date will be Sept. 20, 2003.

Last year more than 100 people biked along the tree-lined trail to raise money for SAVE's education programs and public awareness activities. Contact the SAVE office to volunteer and secure sponsors. Watch your mail or visit [www.save.org](http://www.save.org) later this spring for details on how you can join SAVE as we pedal for prevention.



*SAVE Staff Member, Kent Smith takes a break at last year's bike event.*

## Suicide Awareness Memorial Moves to Fall

For the past 14 years SAVE's Suicide Awareness Memorial has been held in the Spring. This year we are trying something new and collaborating efforts with the American Foundation for Suicide Prevention. SAVE's event will become part of a national event where memorials are held all over the country. Please mark your calendar for Saturday, Nov. 22, 2003 and watch for your invitation to arrive late summer.

## Voices of Contribution

### Friends of save

November 1, 2002 -  
March 31, 2003

3M Foundation, Inc.  
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Cynthia Chamberlin

## Voices of Contribution

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Community Housing Corporation  
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Elizabeth Garrity  
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Larry & Joyce Geer  
Gary & Ann Geistfeld  
Lou Gelfand  
Hank & Ginger Gies  
Gift Certificate Center Company,  
Inc  
GlaxoSmithKline

## Minnesota Voices

# Dr. David Satcher Speaks At SAVE & NAMI Event

By Nona Narvaez

I have only just a minute. Only sixty seconds in it.

Forced upon me. Didn't seek it, didn't choose it,

But It's up to me to use it.

I must suffer if I lose it. Give account if I abuse it.

Just a tiny little minute---- But eternity is in it.

At the SAVE & NAMI seminar in November, keynote speaker former U.S. Surgeon General Dr. David Satcher recited "God's Minute." The poem, which he heard as a student at Morehouse College in Atlanta, reflects Satcher's dedication to suicide prevention.

At his swearing in ceremony as surgeon general, Satcher said that he wanted to be known "as the surgeon general who listened and responded." He was, in fact, the first surgeon general to address mental health issues. During his tenure, he released 14 reports--four of which were on mental health subjects (a 1999 report on Mental Health, plus three supplements published in 2001 and 2002 addressing children, culture, race and ethnicity, and mental retardation).

Receiving SAVE's award, Satcher dedicated his appearance at the seminar to Sen. Paul Wellstone and Sheila Wellstone, who died in an airplane accident in October. The late senator and his wife, supporters of the mental health community, were in the forefront of addressing mental health policy issues.

Satcher praised SAVE and NAMI members for working on mental health issues. He explained that NAMI and SPAN (Suicide Prevention Action Network) motivated him to work on suicide prevention. The "grassroots effort was critical," he said, in contributing to the health objectives for the U.S. for the decade.

He defined mental health as the "successful performance of mental function," which he described as the ability to adapt to change; coping successfully with adversity; engaging in productive activities, and having fulfilling relationships. He noted that mental health is fundamental to physical health, emphasizing that mental disorders are "brain disorders or diseases," not moral weaknesses.

Citing a report that he issued, Satcher stated that one in five Americans (44 million adults and 13.7 million children) has a diagnosable mental disorder. Globally, 400 million people suffer from mental and neurological disorders or from psychosocial problems. Mental disorders are as disabling as cancer or heart disease,



Dr. David Satcher

Satcher said, and the World Health Organization predicts that depression alone will be second only to cardiovascular conditions in terms of premature death and disability. But the good news, he pointed out, is that 80 to 90 percent of mental illnesses are treatable using medications and other therapies.

The bad news, though, is that fewer than half of the adults who need help for mental illness receive it and fewer than a third of children receive help. "Don't underestimate the power of stigma," said Satcher, as he underscored the point that stigma deters treatment.

In addition to the fear of stigmatization, access to mental health services is a barrier. People blame themselves, but the blame belongs on the system, on the lack of access to services. For example, Satcher explained, patients have to pay 50 percent for mental health services under Medicare vs. 20 percent for other medical conditions. This disparity in coverage was the impetus for the Wellstone-Domenici Mental Health Parity Act of 1996, and the Mental Health Equitable Treatment Act, which did not pass during the last session of Congress. Recently it has been reintroduced as the Paul Wellstone Mental Health Equitable Treatment Act in the U.S. House of Representatives by Minnesota Rep. Jim Ramstad, and introduced in the U.S. Senate by Sens. Kennedy and Domenici.

Satcher reported that President Bush's Freedom Commission on Mental Health had just concluded that the mental health system is broken. The president has indicated support for mental health parity (although it is unclear whether the president will support legislation covering only major mental illnesses or a broader-based bill).

# Omega 3 - Fatty Acids May Ease Depression

Editor's note: Here are excerpts from a story reprinted from ABCNews.com Sept. 17, 2002.

For the last decade, researchers and alternative medicine practitioners have been exploring a new, natural way to treat those suffering from depression and other psychiatric disorders. And what they've found is that improving your mood could be as simple as making minor adjustments to your diet.

One lead researcher, Dr. Joseph Hibbeln, chief of the outpatient clinic at the National Institutes of Alcohol Abuse and Alcoholism in Bethesda, Md., published a study in 1998 in the journal *The Lancet* that showed a connection between countries that consume large amounts of fish and low rates of depression. On the other hand, countries where people did not eat a lot of fish had significantly higher rates of depression.

This study led other researchers to wonder whether the polyunsaturated fats known as omega-3 fatty acids found in fish could be the reason for the difference.

Dr. Andrew Stoll, director of the psychopharmacology research laboratory at McLean Hospital in Belmont, Mass., conducted a study that focused specifically on patients with bipolar disorder. Half of the subjects were given fish oil tablets and the other half were given a placebo.

After four months, "half of the placebo cases had already relapsed into depression, whereas only two out of the 15 fish-oil patients had gotten sick, and that was a huge difference," says Stoll.

The significance of these two studies sparked additional research over the last couple of years that have shown similarly promising results on the ability of omega-3 fatty acids to relieve depression.

While additional research needs to be done to prove definitively omega-3s' impact on different psychiatric disorders, some psychiatrists are now feeling confident enough to recommend that their depressed patients increase their consumption of these fatty acids. The best source for omega-3s is any type of seafood — including salmon, lobster and shrimp. For people who find seafood a bit fishy, walnuts and olive oil are also good sources for the fatty acid.

"People should not fall below 650 mil-

ligrams [of omega-3] per day," says Hibbeln. "A 100-gram serving of fish on average is going to contain about a gram or 1,000 milligrams of omega-3. So, 650 milligrams is about a serving of fish every other day."

However, for most people it may be unrealistic, or unappealing, to eat fish every other day. For those people, doctors recommend fish oil supplements that can be found in any health-food or nutrition store.

In addition to the possibility of relieving depression, omega-3s have proven to be important in cardiovascular health. Numerous studies led the American Heart Association two years ago to make a recommendation that consuming two to three servings of fish per week could provide significant cardiovascular benefit. Omega-3s have also proved promising in preliminary results for the prevention and treatment of certain cancers, including colon cancer, and with inflammatory conditions, such as rheumatoid arthritis.

In addition, pregnant and breast-feeding mothers are encouraged to get enough omega-3 to help the development of their babies' brains. However, some predatory fish like tuna, swordfish and shark may be dangerous to pregnant mothers due to the high levels of mercury. So, sticking with fish like salmon is a safer bet for those expecting a child, without the unwanted effects of consuming mercury.

The only reported down side to consuming more of these fatty acids through fish or fish-oil tablets may be an increase in dyspepsia, or indigestion often resulting in gas. "People may get a little bit of dyspepsia, but if they just start with a low dose and work their way up, it shouldn't be a problem," says Dr. Harold G. Koenig, associate professor of psychiatry and medicine at the Duke University Medical Center in Durham, N.C.

While the existing results of studies involving omega-3s and depression have proven promising, there still remains skepticism as to how significant the impact will be on the continued need for prescription antidepressant medication. Therefore, further studies need to be done to see which patients will benefit the most from an increase in omega-3s and to see how well this new diet works in combination with antidepressant drugs.

## Denise Dumas Signs On As Volunteer Manager



*Denise Dumas*

Meet Denise Dumas, SAVE's new manager of community education and volunteer programs. She joined the staff in February, replacing Gail Peterson, who has taken a post at Courage Center in the Minneapolis area.

Dumas, who recently worked in volunteer management for the Travelers Assistance Program at the Minneapolis-St. Paul International Airport, comes to SAVE with an extensive background in coordinating volunteer programs. She has been a community support specialist for the Minneapolis Public Schools and has served as a mental health and chemical dependency counselor.

Currently SAVE has approximately 160 volunteers, who devote time to such activities as community education programs, campaigning and special events. "Since SAVE's education programs are in place and doing well, I am going to concentrate my efforts on our current volunteers and recruiting others, particularly to serve in leadership roles and to be part of our Speakers' Bureau," Dumas says, noting that requests for speakers are rising. "The three Rs of volunteering—recruitment, retention and recognition—are aspects I want to focus on, particularly as we become more nationally known. Our volunteer base has to grow."

A suicide survivor, Dumas says she is passionate about educating the public about depression and hopes to reduce the stigma about mental illness.

## Upcoming Events

.....  
 May 7, 2003 - American Foundation for Suicide Prevention Lifesaver Dinner 2003 Ciprini 42nd Street New York 212-363-3500 www.afsp.org

\* **June 28 – July 1, 2003**  
 NAMI (National Alliance for the Mentally Ill) 2003 National Conference Minneapolis Convention Center www.nami.org

**July 19-22, 2003** - Suicide Prevention Action Network (SPAN) 8th Annual National Awareness Event Washington, DC 1-888-649-1366 www.span.org

\* **August 4, 2003** - SAVE Golf Classic Dellwood Country Club Dellwood, Minn (Near White Bear Lake) Celebrity Host: WCCO-TV News Anchor Randi Kaye 952-946-7998 Ext 15

\* **September 2003** - SAVE Bike Ride Cannon Falls Trail Cannon Falls, Minn 952-946-7998 Ext 10

\* **Denotes Minnesota Event**

## Support SAVE

# Purchasing a Gift Annuity Benefits You and SAVE

*By Dick Maguire and John Ryan*

SAVE needs funding to fulfill our mission. Funding comes from friends like you. From the beginning, energetic volunteers have done much of SAVE's work. The discovery process for people who volunteer, take leadership roles and financially support SAVE never ends. Possibly, you are one of these important people. Gift annuities may fit your situation and permit you to help SAVE.

A charitable gift annuity is a contract under which a charity agrees to pay a fixed amount each year for life to one or two persons in return for a transfer of cash or marketable securities to that charity. The person who receives the payment is called an annuitant. A portion of these lifetime payments is considered to be a partial tax-free return of the donor's gift. In addition, a portion of the original transfer qualifies as a charitable deduction on the donor's federal income tax return in the year of the gift.

How would a \$10,000 charitable gift annuity benefit your situation? If you were age 60 at the time of gift, the annual payout to you each year would be \$600, \$325 of which would be tax free, and your charitable deduction would be \$2,250. Simply follow the table below under age 60.

AGE OF DONOR AT TIME OF GIFT	PAYOUT		CHARITABLE DEDUCTION	TAX-FREE PORTION
	\$	%		
60	600	6.0	\$ 2,295	\$325
70	670	6.7	\$ 3,498	\$419
80	830	8.3	\$ 4,582	\$602

Adding a second person to your gift causes the total payout to decrease somewhat:

AGE OF DONOR AT TIME OF GIFT	PAYOUT		CHARITABLE DEDUCTION	TAX-FREE PORTION
	\$	%		
60 & 50	470	4.7	\$ 2,030	\$ 227.01
70 & 65	600	6.0	\$ 2,115	\$ 348.60
80 & 55	510	5.1	\$ 2,515	\$ 262.65

### Remember that

- Gift Annuities are not an investment but a gift.
- You receive a generous income for life and part of the payment is tax free.
- You get a generous charitable deduction for part of your gift and
- The entire assets of SAVE stand behind your payments.
- SAVE will benefit when the beneficiaries are no longer living.
- You can use the residue to create a permanent memorial fund.

We would like to hear from you! Please call us at 952.946.7998 or send us an email at [www.save.org](http://www.save.org), if you have questions about gift annuities, would like more information or would like a specific proposal tailored to your situation.

## SAVE's 2002 Annual Giving Campaign

Many of you responded to John and Marilyn Larson's request to join in on SAVE's Annual Giving Campaign. To date, we have raised almost \$20,000 but we are still trying to reach our goal of \$26,000. It's not too late to help.

### Did You Know...?

- Even though the state of Nevada has the highest suicide rate, the highest number of completed suicides is in Florida – more than 2,000 Florida residents die by suicide each year
- Every 17 minutes someone dies by suicide in the United States
- Eighty percent of college students who kill themselves are male
- It's a myth that suicide rates go up during holidays – the months with the highest rates are April, June and July

# Voices of Contribution

Sharon Goetzke  
 Mary Gonyer  
 Paul & Nancy Gooding  
 Cheryl Gorsuch  
 Marilyn Green  
 Beth & Louis Grendahl  
 Matthew Grigal  
 Tracy Grimm  
 Bob Gustafson  
 Bonnie Haberle  
 Robert Hadek  
 Curt Haerle  
 Edward & Margaret Hagerty  
 Dan & Ruth Haggerty  
 Joe & Lisa Haley  
 Matt & Anchela Haley  
 Ron & Ursula Hall  
 Keith & Marlene Ham  
 Margaret Hansen  
 George Harding  
 Sharon Hardy  
 Eileen Harrison  
 Linda Hartman  
 Diana & Lily Harvey  
 Frank Harvey  
 Stephen & Mary Jane Haschig  
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 Mary Heimark  
 Judy Heimlich  
 Virginia Heldorfer  
 Diane Herczeg  
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 Ann & John Hobbs  
 Joyce & Howard Hodges  
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 Lynn & Phil Holtzleiter  
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 Tracy Johnson  
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 Pat Jones  
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 Annette & William Knutsen  
 Tom & Denise Knutson  
 Robert Knutson, Jr.  
 Miriam Olson

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 Terrye & Tyler Kolbe  
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 Tara Koltos  
 Sarah Korpi  
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 Sue and Bob Leonard  
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 Graham Lough  
 Sharon Lund  
 Brian & Laura Lynch  
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 Jean Lyons  
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 Kami Miskiw  
 Gerald & Debra Moe  
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 Diane Munton  
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 Joel & Cindy Schwieters  
 Gina Serafini  
 Donald & Barbara Shelby  
 John Shepard  
 Bill & Pat Sherman

Beth Silverwater  
 Pete & Virginia Simoneaux  
 Simons Family Foundation  
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 Steven & Lisbeth Sjoblad  
 Paul Skidmore  
 Dwight & Diane Smith  
 Anne & Dale Solheid  
 Don & Mary Somers  
 Sharon Spear  
 Annette Stadelman  
 Dianne Star  
 Max & Julia Stear  
 Norman & Barbara Steinberg  
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 Allen & Nancy Stendahl  
 Grace Stevens  
 Joseph & Joy Stinson  
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# SAVE Publications and Educational Materials Order Form

## Suicide: Survivors A Guide for Those Left Behind by Adina Wrobleski

*Suicide: Survivors* is a personal message to suicide survivors from Adina Wrobleski, a founding member of SAVE. Wrobleski recounts the suicide death of her daughter and the emotions in the days, weeks, and months that followed. The book explores the pains of grief, anger, blame and guilt, and touches upon the change in relationships both within and outside a family.

**\$15.95 each**

## Suicide: Why? 85 Questions & Answers About Suicide by Adina Wrobleski

In *Suicide: Why?* Adina Wrobleski presents facts on the link between depression and suicide. The book uses a straight-forward question and answer approach to separate fact from fiction in regard to suicide and its causes.

**\$12.95 each**

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