

A Day Of Healing[®]

(NAPSA)—Each year, nearly 30,000 people in the United States die by suicide, leaving behind hundreds of thousands of family members, friends and co-workers—survivors—to cope with this tragic loss of life. Survivors of suicide often experience a wide range of traumatic reactions: shock, depression, anger or physical and emotional numbness. Plagued by guilt, survivors frequently feel isolated as they mourn, unable to reach out. But there is help.

On November 23, thousands of survivors across the nation will join together for support, healing, information and empowerment as part of National Survivors of Suicide Day, sponsored by the American Foundation for Suicide Prevention (AFSP). AFSP's survivor conferences are designed to help survivors express and understand the troubling and powerful emotions they have experienced. On that day, a national program will link more than 30 local conferences through a live satellite broadcast. The program will also be simulcast online (www.afsp.org).

The broadcast will feature three veteran survivors, together with a psychiatrist and a therapist, who have worked extensively with those who've lost someone through suicide. Former U.S. Surgeon Dr. David Satcher, author of *The National Strategy for Suicide Prevention: Goals and Objectives*, will address the survivor community. Local conference sites will include panel discussions and forums where survivors can share their personal experiences.

"The purpose of National Survivors of Suicide Day is healing," said Robert Gebbia, executive director of AFSP, a not-for-profit organization dedicated to funding suicide research and developing suicide prevention initiatives and education programs. "By making the program available by webcast, survivors can participate even if there isn't a conference in their area, or if they find it difficult to attend in person. Either way, we are sending a message to survivors that they are not alone."

For more information about National Survivors of Suicide Day, to find a conference site nearest you, or to register for the webcast, log onto www.afsp.org.