

If you lost a loved one to suicide where would you turn?

Dear Anne,

In the last 12 months, there were more than 1,000 people faced with this reality right here in Franklin County. Julynne Wilkins-Blake, who’s brother died by suicide, is one of them...

I lost my older brother in June of this year to suicide after a long battle with alcoholism and depression. Just four short months ago my life and my family’s life changed forever. I don’t remember many details of that day other than standing outside of his house in complete shock, disbelief and a sadness that I never want to experience again, nor would I want anyone to experience.

As my family and I were gathering our thoughts and getting ready to leave his house I turned and there were two people standing there who introduced themselves as LOSS volunteers. I remember after hearing this I had a huge feeling of comfort come over me. She explained what LOSS was, why they were there and a little about her own experience with suicide. It was an immediate comfort to know that I had resources when I was ready and knowing that my family and I were not alone. I remember telling one of the volunteers they were a welcomed surprise. The LOSS volunteers gave me a packet with a wealth of information in it.

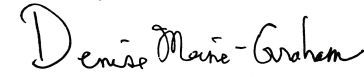
That evening I sat down with the packet and was better able to focus on the information. From this packet I found a local support group that I have already attended and information about surviving this terrible heartbreaking grief I was experiencing. A few days later I received a book in the mail from LOSS. I think I have read this book (*After Suicide Loss: Coping with Your Grief*) about three times! It has helped me so much.

Suicide still has such a stigma attached to it and many people do not know how to talk or interact with those of us left behind. These resources have taught me so much about my own grief process, people’s lack of understanding and about suicide itself. These and the other resources given to me by Franklin County LOSS have been a tremendous help to my survival and I am forever grateful to this team and their caring for other suicide survivors. Thank you, thank you, thank you!

In 2015 Franklin County Local Outreach to Suicide Survivors (LOSS) touched the lives of hundreds of people bereaved by suicide. We have provided resources, delivered Care Baskets and held hands. LOSS exists because surviving after a suicide loss is a unique and often times complicated journey. Peer support often plays a significant role in learning to integrate this loss into a survivor’s life. LOSS exists to be an installation of hope.

We can’t change what has happened, but we can comfort and help those left behind. Your donation will provide care baskets, outreach support, referral materials and other items to help those struggling with a tragic loss.

Sincerely,



Denise Meine-Graham
Executive Director



Julynne’s older brother, Jeff, celebrates his daughter’s birthday with his kids.

YES! I want to help a survivor of suicide loss.

Please accept my gift of:

- ☐ \$250
☐ \$25
- ☐ \$100
☐ Other _____
- ☐ \$50
☐ Please keep my gift confidential

My gift is in honor of _____

Please charge my gift on my credit card Visa Mastercard AMEX

Card number _____ Security Code _____ Check # _____

Signature _____ Expiration Date _____ Please make checks payable to:
Franklin County LOSS