

**YOU ARE NOT ALONE**

**WE KNOW THE ANGUISH...  
WE'VE BEEN THERE**

*We extend to you. . .*

- H** healthy coping techniques through
- E** empathy and understanding reinforced by
- A** acceptance without judgment and affirmation of self-worth
- R** Resolution of conflict and reinvestment in life
- T** Truth...responsibility for this death must be allowed to rest with the one who made the choice.

For those wishing to pursue further goals

- B** be a “reach out” to new survivors
- E** effect public prevention education and
- A** acknowledgment of suicide as a health problem of considerable proportion within our community
- T** Transforming our recovery into positive action that will diminish the number of these deaths

**HEARTBEAT**

is a nonprofit organization  
affiliated with the  
Colorado Office of Suicide Prevention  
(303) 692-2560



***Support for those  
who have lost a loved one  
through suicide***

**HEARTBEAT** is a member of  
the American Association of Suicidology  
a national organization  
dedicated to the study and reduction  
of human self-destruction.

[www.suicidology.org](http://www.suicidology.org)

and the

American Foundation for Suicide Prevention,  
a national research organization,

[www.afsp-span.org](http://www.afsp-span.org)

**HEARTBEAT  
DURANGO, COLORADO**

**SUICIDE IS A HARSH WORD** that has devastating significance for those who have suffered a loss as the result of it.

**TO THE SURVIVOR** Suicide means the death of one dearly loved, a death that is sudden and often violent, a death that is the result of a choice regardless of how futile, ambivalent, impulsive and unacceptable the survivor judges that choice to be.

**THE GRIEF THAT FOLLOWS SUICIDE** is extremely difficult. It is magnified, complicated and isolating. The survivor must grieve not only the loss, but also the choice that caused the loss.

YOU ARE NOT ALONE

**HEARTBEAT** was organized . . .

- ♥ To help survivors absorb the impact of the self-inflicted death,
- ♥ To offer the comfort of empathetic understanding and acceptance, and
- ♥ To support each other toward healthy resolution of the grief.

**We Understand**

**We Accept**

**We Support**

**HEARTBEAT** is a group for mutual support of those who have lost a loved one through suicide.

**We** understand the conflicts created for you by the cause of this death.

**We** acknowledge that normal grief reactions are intensified and complicated following suicide.

**We** relieve isolation by offering the empathy of other “nice people from good families” who have experienced the magnitude of this kind of loss.

**We** extend support toward resolving your feelings of . . . responsibility, guilt, self-doubt, failure, rejection stigma, shame, anger, hostility, religious fears and your search for answers.

**We** recognize that great strength and healing are gained by using one’s own painful growth in support of others.

**WE REALIZE THAT WE, TOO, HAVE A CHOICE – TO GROW BITTER OR TO GROW BETTER**

**We** cannot take away your pain, but we can share it in an atmosphere of love, acceptance and reinforcement and direct you toward healing through this very complicated grieving process

**It Helps to Talk ...**

**It Heals to Share**

**HEARTBEAT** does not replace therapy. The healing achieved within these groups is the result of understanding, encouragement and caring among the participants.

**We** respect the need for privacy and confidentiality. What is shared there . . . stays there.

**HEARTBEAT** is not affiliated with any religious creed or denomination. We do, however, strongly encourage participants to renew and rely upon their own spiritual resources.



**HEARTBEAT/DURANGO**

6-8 P.M. Every 2nd & 4th Wednesday of Each Month at:

Durango Fire & Rescue Authority  
Station 1 - 142 Sheppard Drive,  
Durango, Colorado  
(Across from the Social Security  
Administration Building)

For information call or text  
**970-403-4103 or call 970-749-1673**

To start a **HEARTBEAT** chapter or to learn of Suicide Survivor Support Groups in other areas:  
[www.heartbeatsurvivorsaftersuicide.org](http://www.heartbeatsurvivorsaftersuicide.org)  
719-596-2575