

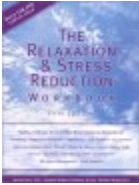
A Few More Resources

National Mental Health Association	(800) 989-6642
National Institute of Mental Health	(800) 421-4211
American Foundation for Suicide Prevention	(888) 333-2377
American Association for Suicidology	(202) 237-2280
The Jed Foundation	(212) 343-1141

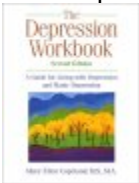
BIOGRAPHIES

Phil Satow's Biography
Donna Satow's Biography

The Relaxation & Stress Reduction Workbook



The Depression Workbook



Suicide Notes . . .

And so I leave this world, where the heart must either break or turn to lead.

Suicide note.

~~ Nicolas-Sebastien Chamfort, French writer, d. 1794

Frances and Courtney, I'll be at your altar. Please keep going Courtney, for Frances for her life will be so much happier without me. I LOVE YOU. I LOVE YOU.

Suicide note.

~~ Kurt Cobain, musician, d. April 8, 1994

Updated 4/1/03

YELLOW RIBBON SUICIDE PREVENTION PROGRAM®

REFERENCES

Yellow Ribbon Trainings, Workshops and Presentations

❖ <u>George Straface, Ed.D. Superintendent,</u> Adams County School District 50, Westminster, Colorado Attn: Deb Haviland 303 428-3511 ext. 3853	❖ <u>Ted Weiland, Co-chair,</u> Suicide Prevention Task Force, Madison, South Dakota 605-256-2870
❖ <u>R. Roger Rowe, Ph.D. Superintendent,</u> Rancho Santa Fe School District, Rancho Santa Fe, California 619 756-1141	❖ <u>Jeanne Lewis, Activities Director,</u> John F. Kennedy High School, Denver, Colorado 303 763-4372
❖ <u>Gary Lipe Ph.D. Superintendent,</u> Grand Blanc Community Schools, Grand Blanc Michigan 810 603-3248	❖ <u>John Bass Counselor,</u> Longmont Youth Services, Longmont, and 'Suicide Prevention Coalition', Erie Colorado 303-651-8580
❖ <u>Dave Looyesen Superintendent,</u> West Sioux School District, Haywarden, Iowa · 712 552-1181	❖ <u>Rae Schoebinger, News Director,</u> KMOT-TV, Minot, North Dakota- 701 852-4101
❖ <u>Norm Abdella, Principal,</u> Grand Blanc Middle School, Grand Blanc Michigan 810-603- 3248	❖ <u>Rev. Don Seltzer, Senior Pastor,</u> North Coast Presbyterian Church, Encinitas, California 619 753-2535
❖ <u>Carol Skiljan Board Member,</u> Encinitas Union School District, Encinitas, California 760 944- 4300 x402	❖ <u>Rev. Charlie Wharton, Chaplain,</u> Pierre Police Department, Pierre South Dakota 605-224-8882

CALIFORNIA

SUICIDE SURVIVOR SUPPORT GROUPS

To have your group listed, please [contact](#) us and give your information.

- **Fresno** - [Survivors of Suicide Loss](#), [Leann Gouveia](#) (559) 322-5877 www.fresnosos.org
- **Livermore** - [Families & Friends Experiencing Loss Through Suicide](#), Betty Dimmick (925) 829-4236 -or- Shirley Kaminsky, RN, BSN (925) 846-3456 -or- Betty Lewis (925) 447-6087
- **Modesto** - [Community Hospice - Survivors of Suicide](#), [Kyle Lingg](#) 209.577.0615
- **Sacramento** - [Survivors of Suicide Loss](#), [Marilyn Koenig](#) 916-392-0664 -- Call for day & time
- **San Diego** - [SOS of San Diego](#) 619-482-0297 sossd@san.rr.com

Crisis Intervention/Suicide Prevention/Helplines

[Befrienders International Suicide Helplines in California](#) - directory

[California Suicide & Crisis Hotlines](#) - directory

[California Youth Crisis Line](#)

[CSUN Helpline](#)

[Yellow Ribbon Suicide Prevention Program of Los Angeles](#)

[New Hope - Christian](#)

[Suicide Prevention Center](#)

[Teen Line Online](#)