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

- George Straface, Ed.D. Superintendent,
Adams County School District 50, Westminster, Colorado
Attn: Deb Haviland 303 428-3511 ext. 3853

- R. Roger Rowe, Ph.D. Superintendent,
Rancho Santa Fe School District, Rancho Santa Fe, California
619 756-1141

- Gary Lipe Ph.D. Superintendent,
Grand Blanc Community Schools, Grand Blanc Michigan 810 603-3248

- Dave Loosyn Superintendent,
West Sioux School District, Haywarden, Iowa 712 552-1181

- Norm Abdella, Principal,
Grand Blanc Middle School, Grand Blanc Michigan 810-603-3248

- Carol Skiljan Board Member,
Encinitas Union School District, Encinitas, California 760 944-4300 x402

- Ted Weiland, Co-chair,
Suicide Prevention Task Force, Madison, South Dakota 605-256-2870

- Jeanne Lewis, Activities Director,
John F. Kennedy High School, Denver, Colorado 303 763-4372

- John Bass Counselor,
Longmont Youth Services, Longmont, and 'Suicide Prevention Coalition’, Erie Colorado 303-651-8580

- Rae Schoebinger, News Director,
KMOT-TV, Minot, North Dakota 701 852-4101

- Rev. Don Seltzer, Senior Pastor,
North Coast Presbyterian Church, Encinitas, California 619 753-2535

- Rev. Charlie Wharton, Chaplain,
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/Hotlines
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