



Fresno Survivors of Suicide Loss, Inc.

A Support Group and Suicide Prevention Education Program

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Mission: To support survivors and educate our community about suicide.

Our vision is to integrate with community partners to broaden the scope of suicide awareness and survivor support through increased opportunities for support, healing, and education of mental health issues.

About Us:

Fresno Survivors of Suicide Loss (SOS) is a group of individuals who share the common experience of having lost a loved one to suicide. We hold monthly support group meetings in which we share comfort, information, and friendship. We believe that we heal faster through listening to others. We believe it is crucial to our healing process to know that we are not alone and that others are coping with similar losses.

Fresno SOS provides a community suicide awareness education program. As survivors of suicide loss, we have a unique perspective that can be used positively to help others. Our Speakers Bureau specializes in providing presentations to schools, youth groups, church groups, parent groups, teachers, medical staff, emergency responders, mental health agencies, universities, private and public entities, and to others who are interested in reducing suicide. Fresno SOS provides a workplace staff development program using the award winning Q.P.R. Gatekeeper Training Model.

Survivor Services:

We offer a monthly support group meeting to assist survivors through the grief process. Peer facilitated, and free of charge, we met on the third Tuesday of each month at Hope Lutheran Church, 364 E. Barstow (Northwest corner of Fresno and Barstow Streets), Fresno, from 7:00 p.m. to 9:00 p.m.

We offer an initial visit to the home of a new survivor (survivor support team), providing compassionate support and information.

Other survivor services: a monthly newsletter, a resource library, referrals to professional help, a mentoring program, two annual candlelight memorials, an annual healing run/walk event, and a variety of training sessions encouraging survivors to become involved in our outreach program.

Suicide Prevention Education:

Our outreach program consists of youth presentations and Q.P.R (Question, Persuade, and Refer) adult workplace presentations. We also participate in a number of community multi-agency partnerships.

We are a local chapter of the International Yellow Ribbon Youth Suicide Prevention Program. Our youth presentations consist of: identifying myths and facts of suicide, defining depressions, understanding warning signs of suicide, a role-play activity, knowing when not to keep a secret, identifying coping skills and community resources. Following presentations, students are required to demonstrate their understanding of the subject and are encouraged to ask for help should they need it.

Q.P.R. (Question, Persuade, and Refer) Gatekeeper Training Program is a skill-based program ideal for the workplace. Q.P.R. builds a safety net that is helpful for adults to use in their professions and in workplace situations. Similar to C.P.R., Q.P.R. provides critical information that can teach a person how to identify a potential crisis, how to act in a case of an emergency, and how to refer to appropriate resources. Participants (Gatekeepers) learn myths and facts, warning signs, how to ask the question, how to persuade a person to get help (and stay alive), how to identify life coping strategies, and learn where to go for help. This program was created by the Q.P.R. Institute, Spokane, Washington.

SOS has received a number of awards and recognition for its work in the community.

Founded in 1985, Fresno SOS is a non-profit organization.

Affiliations:



American Association of Suicidology



United Way of Fresno County



Yellow Ribbon International



California Association of Nonprofits