

# NEWS RELEASE

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For immediate release

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## *International Survivors of Suicide Loss Day will be recognized online this Saturday, November 22*

International Survivors of Suicide Loss Day can change your life. It's the one day a year when people affected by suicide loss find comfort and gain understanding as they hear stories of healing and hope.

For many loss survivors, viewing online is the first time they realize they are not alone. Just hearing the stories—from people at all stages of healing—can be helpful. This also provides viewers with a chance to hear stories of those who understand firsthand the challenges of living in the aftermath of a suicide loss.

This year will include a screening of the American Foundation for Suicide Prevention's compelling new documentary, *The Journey*. It's a powerful film that shows how each survivor is weathering the loss of a loved one, and how they are finding their way back to a life rich in meaning—and even joy.

*International Survivors of Suicide Loss Day* will be recognized this Saturday, November 22, 2014 online at <http://www.survivorday.org/survivor-day-live>.

For more information, call Janelle Hansen with Panhandle Public Health District at 487-3600 ext. 105. Information on suicide warning signs and prevention can be found at [www.afsp.org](http://www.afsp.org). Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.