

# Suicide as a Language Of Pain

## S.L.O.P.

*Do you ever just want to be able to talk about what's happening and not be afraid to share? Come join others who live with the pain and want to share hope with each other without judgement or fear of reaction.*

### **Who: Survivors!**

Anyone who has ever tried to die by suicide and/or anyone living with thoughts/visions/plans or dreams of suicide; people who want a place to talk about it and feel heard!

**What:** *S.L.O.P.* is a 90 minute meeting designed and facilitated by survivors for survivors! It provides a space for individuals to come together so they can share their experience, strength and hope!

### **Why: "Just Talk About It"**

Many of us have learned to keep our experiences hidden for fear of others trying to "fix us", force us to take medications or go into the hospital. As a result, we sometimes feel alone with no one we can trust to just talk about it!

### **When: Every Thursday!**

12:00—1:30 PM (PST)

12:00 - 1:00 Readings, topic discussion, Open shares  
1:00-1:30pm Optional time for decompression

**\*\*Starting July 9th, 2020\*\***

### **Where:**

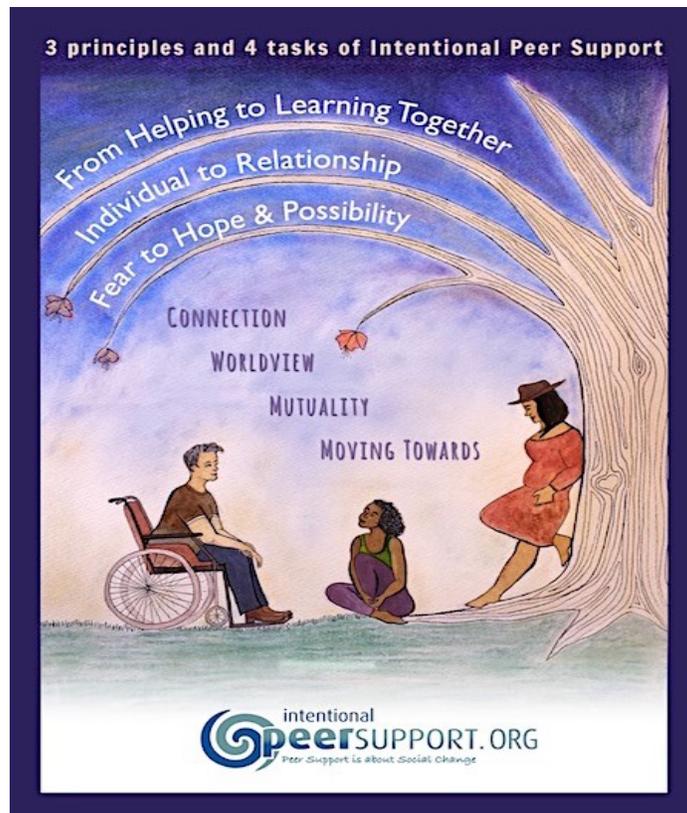
Virtual Zoom meeting:

<https://us02web.zoom.us/j/82756077651>

### **Group Contact:**

[SLOPGroup@folktime.org](mailto:SLOPGroup@folktime.org)

**Intentional Peer Support (IPS) will be used to have open conversations about living as a survivor.**



- ◆ When using IPS to discuss suicide as a language of pain, it can challenge the very idea of intervention by not starting with an assumption that there is a problem.
- ◆ When we meet people where they are at and stay curious about what is happening, we can make a connection that will allow for a atmosphere where trusting relationships may be built.
- ◆ By taking the time to move through the principles and tasks of IPS, unknown or hidden stories can be discovered that may give some thought into the true source of deep emotional pain.
- ◆ Typically, when people feel listened to, validated and understood, that's when the possibility of hope can be found!



## Folk Time

The official IPS-Oregon HUB  
For Details: <https://folktime.org/ips-or-hub>

# Suicide Prevention Coalition in Clackamas County

## The Suicide Prevention Coalition is seeking Steering Committee Leaders

Are you passionate about suicide prevention? Are you committed to increasing supports and preventing suicide across Clackamas County? The Suicide Prevention Coalition of Clackamas County is seeking people who are passionate and committed to suicide prevention to serve as Steering Committee leaders for the Coalition.

To apply, go to <https://www.surveymonkey.com/r/6GZ722B>

If you are interested in a conversation with a current member of the Steering Committee, please contact Carlos Benson Martinez at [carlosbm@wolfpackcts.org](mailto:carlosbm@wolfpackcts.org)

Upcoming Question, Persuade and Refer  
Suicide Prevention Training



*Mental health matters for all.*

Visit <https://www.gettrainedtohelp.com/> to learn more and register

Wednesday, August 5, 2020  
8:30 am to 10:30 am

Wednesday, August 26, 2020  
1:30 pm to 3:30 pm

Tuesday, September 8, 2020  
10 am to noon

Tuesday, September 15, 2020  
1:30 to 3:30 pm

Tuesday, September 29, 2020  
1:00 pm to 3:00 pm