



Who We Are

Friends for Survival, Inc. is a 501(c)(3) tax-exempt charitable, non-profit bereavement outreach organization available to those who are grieving a suicide death of family or friends. We also assist professionals who work with those who are grieving a suicide tragedy. Friends for Survival, organized by and for suicide loss survivors, has been offering support services since 1983. All staff and volunteers have been directly impacted by a suicide death.

The Urgent Need

The Centers for Disease Control and Prevention (CDC) monitors the nation's mortality data, with heart disease and cancer consistently ranking as the two overall leading causes of death. While suicide's rank among all ages is lower than these causes, its position as a top cause of death for younger Americans makes it a major public health concern. According to the [Centers for Disease Control and Prevention \(CDC\) WISQARS Leading Causes of Death Reports](#), in 2022:

- Suicide was the eleventh leading cause of death overall in the United States, claiming the lives of over 49,400 people.
- Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.
- There were nearly two times as many suicides (49,476) in the United States as there were homicides (24,849).
- Source: <https://www.nimh.nih.gov/health/statistics/suicide>

Our Services

The loving outreach of Friends for Survival can bridge the gap between despair and renewed hope. Those whose loss is recent can lean upon the shoulders of those who have made progress in the difficult task of working through grief after a suicide death. We provide a variety of peer support services that comfort, encourage and educate those in grief.

- Monthly meetings of grief support and education (virtual and in-person)
- Monthly newsletter of sharing and information
- Comprehensive list of resources and reference library
- Education from healthcare professionals and community advocates
- Toll Free Suicide Loss Helpline: 1-800-646-7322 (warmline)

All of our services are free. We are able to offer our free services thanks to generous donors and a grant from the County of Sacramento.

Telephone: 800-646-7322
friendsforsurvival.org

What People Say

We're proud to earn Candid's (formerly GuideStar) Platinum Seal of Transparency. To reach the Platinum level, we added extensive information to our Nonprofit Profile: basic contact and organizational information; in-depth financial information; quantitative information about goals, strategies, and progress toward our mission. Visit our profile here: <https://www.guidestar.org/profile/31-1640393>

- *"I don't know what I would have done without Friends for Survival and Marilyn Koenig, its founder and leader. She is so good, caring, and fits in good humor at just the right times, along with her well trained assistants, and with all the activities they plan. I can't thank FFS enough and plan to participate and support whenever I can. My heart is still broken but without the love and camaraderie at FFS, my heart would be out-of-service. Thank you so much for all you are and all you do -- GOD BLESS YOU ALL!" – TG*
- *"I am reaching out to you to thank you for what you do to ease the pain for survivors. Your organization was a helpful resource for my family after the suicide, and we appreciate the support over these past years." - KF*
- *"Dear Friends: I have been reading your newsletter ever since we lost our loving son to suicide in 2007. Your articles are always so timely and helpful! I am so grateful for all your volunteers and personnel who keep this organization alive! What a huge gift your work and outreach is to this community. Although I have never met you in person, your love and compassion is felt through your work and efforts for all of us." -Much Love, SL*

More Facts and Stats

Visit our website for more information including:

- Our Record of Impact and financials: <https://friendsforsurvival.org/financials>
- Video of who we are and our history: <https://friendsforsurvival.org/who-we-are-%26-history>
- Schedule of our meetings: <https://friendsforsurvival.org/meetings>
- Webinars available to watch anytime: <https://friendsforsurvival.org/webinars%3A-watch-anytime>

Logos



Platinum
Transparency
2025

Candid.

Friends
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