

To counter the destructive consequences of suicidal ideation and behavior we draw on four major resources:

- Our willingness to stop acting out in our own, personal, Bottom-line behavior on a daily basis.
- Our capacity to reach out for the supportive fellowship within SA.
- Our practice of the Twelve Step program of recovery to achieve sobriety.
- Our developing a relationship with a Power Greater than ourselves which can sustain us in recovery.

For General Information
info@suicideanonymous.net
An SA member will respond
to your message within 24
hours.

However, if you are in
immediate risk of
self-harm, please call the
National Suicide Hotline:
800-273-TALK (8255)
Or Dial 988
(Suicide Anonymous is not
affiliated with this hotline.)

The Twelve Steps of Suicide Anonymous

1. We admitted we were powerless over suicidal preoccupation – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to those who still suffer and to practice these principles in all our affairs.

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Suicide Anonymous



A Twelve Step Program for
Recovery from Suicidal
Ideation and Behavior

YOU ARE NOT ALONE

What is Suicide Anonymous?

Suicide Anonymous is a fellowship in which we share our experience, strength and hope with each other so we may solve our common problem and help others recover from suicidal preoccupation.

THE PROBLEM

We came from a variety of backgrounds. Most of us had experienced crippling depression. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others. As our feelings of helplessness and worthlessness grew, dying seemed our only relief. Suicide became our option.

The problem we faced was the same. The pursuit of the perfect suicide, the trance-like effect induced by ruminating about death, became the drug we used to cope with our unbearable pain.

Many of us made an attempt or attempts to end our life, only to awaken filled with increased anger, shame and remorse. Promises were made to our desperate loved ones to stop our suicidal behavior, but suicidal fantasies killed any chance for true life.

THE SOLUTION

For most of us the knowledge that others shared our obsession with suicidal thoughts and actions was both surprising and a relief. We had struggled and made promises to stop but could not. As we heard the stories and shared the pain of our fellows, we began to understand that we were not alone. We began to feel safe in sharing our own stories of pain and helplessness in our addiction. We came to believe that there was hope and we began to trust the guidance we were offered.

Our spiritual bankruptcy left us desperate to learn how to fill the hole in our soul. We learned that there were steps we could take to heal, and that these steps would teach us how to live our lives with serenity and peace.

Through our pain, we became willing to surrender. We came to believe. We turned our will and lives over to the care of God, as we understood Him. These steps led us from the soul-sickness of the past, into the promised freedom of today. One day at a time, sometimes one minute at a time, we learned to lean on the guidance of our Higher Power. Our life was not ours, but His. By working the steps, we learned to live and not just endure each day.

Meeting Times
(All times Eastern unless otherwise noted.)

Zoom ID for all meetings is
404-649-7011

For the password contact
info@suicideanonymous.net

Hope Group
Sunday, 6:30pm-7:30pm (Central)

High Noon Hope
Monday, 12:00pm-1:00pm

New Dawn
Tuesday, 6:00am-7:00am

Rise Above
Tuesday, 6:30pm-7:30pm

Step Into Recovery
Wednesday, 5:00pm-6:00pm

Stay Afloat
Thursday, 4:00pm-5:00pm

Wonder Women
Friday, 3:00pm-4:00pm

Hope Rising
Saturday, 8:00am-9:00am

Saturday Serenity
Saturday, 1:00pm-2:00pm

Meetings are subject to change.
Please check suicideanonymous.net
for a current meeting list.

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