

For more information,
including meeting times and
locations, visit

www.suicideanonymous.net

or email

info@suicideanonymous.net.

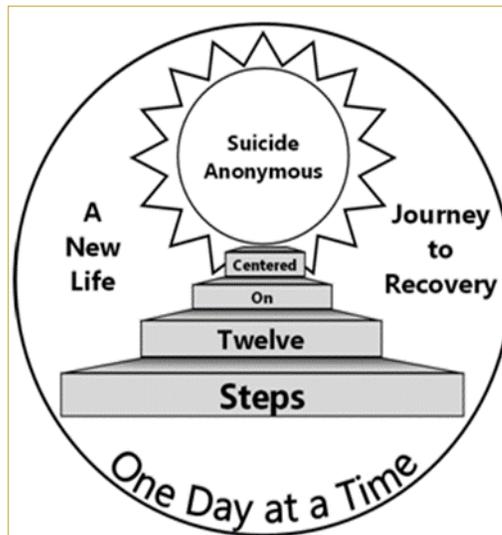
We attempt to answer all
emails within 24 hours.

Suicide Anonymous is not
intended to be a substitute
for professional, medical or
mental health advice,
diagnosis or treatment.

If you are in immediate risk
of self-harm, call
the National Suicide
Prevention Lifeline at
800-273-TALK (8255) or 988
from a mobile phone, or go
to the nearest emergency
room.

(Suicide Anonymous is not affiliated
with the National Suicide Prevention
Lifeline.)

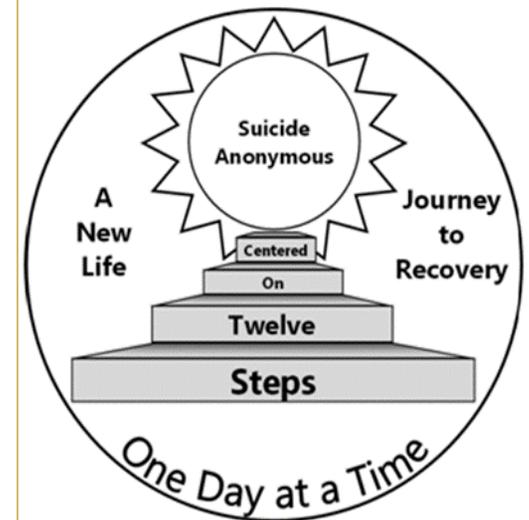
www.suicideanonymous.net



info@suicideanonymous.net

www.suicideanonymous.net

Suicide Anonymous



*You are
not alone*

www.suicideanonymous.net

Who are we?

We are a fellowship of people who share our experience, strength and hope with each other so we may solve our common problem and help others recover from suicidal preoccupation.

The only qualification for membership is a desire to stop living out a pattern of suicidal ideation and behavior.

www.suicideanonymous.net

What are the twelve steps?

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.

www.suicideanonymous.net

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.

www.suicideanonymous.net