
SUICIDE ANONYMOUS PREAMBLE

Suicide Anonymous is a fellowship in which we share our experience, strength, and hope with each other that 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.

Membership is open to all who want it. There are no dues or fees for SA membership; we are self-supporting through our own contributions.

To counter the destructive consequences of suicidal preoccupation we draw on four major resources.

- 1) Our willingness to stop acting out in our own personal bottom line behaviors on a daily basis.
- 2) Our capacity to reach out for the supportive fellowship within SA.

- 3) Our practice of the Twelve Step program of recovery to achieve sobriety.

- 4) Our developing a relationship with a power greater than ourselves which can guide and sustain us in recovery.

We need to protect with special care the anonymity of every SA member. Additionally, we try to avoid drawing undue attention to SA.

As a fellowship SA has no opinion on outside issues and seeks no controversy. SA is not affiliated with any other organizations, movements, or causes.

SUICIDE ANONYMOUS

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What is Suicide Anonymous?

Questions newcomers may have



<http://www.suicideanonymous.net>

WHAT IS SUICIDE ANONYMOUS?

Suicide Anonymous is a twelve-step, twelve-tradition fellowship based on the model pioneered by Alcoholics Anonymous. We are a group of men and women who meet regularly to help each other overcome suicidal preoccupation and behavior.

WHO CAN BE AN SA MEMBER?

Anyone with the desire to stop living out a pattern of suicidal ideation and behavior can join Suicide Anonymous. Many of us attempted suicide, but that is not a requirement to join. Some of us have experienced suicidal thoughts since childhood, while for some of us these thoughts are more recent. Some of our members are not suicidal in the traditional sense; instead, they have no desire to continue living.

WHAT IS A SUICIDE ADDICT?

Suicide Anonymous members often identify themselves as sui-

cide addicts. We believe that suicidal ideation is an addiction. As suicide addicts, we use suicidal fantasies as a way to change our mood; for us, suicidal thoughts and actions are drugs.

HOW IS GOD RELATED TO SA?

Suicide Anonymous is a spiritual program. We believe that a relationship with a Higher Power is crucial to our recovery; however, we do not prescribe who or what each member's Higher Power needs to be. Our Higher Power can be God, the group, or anything loving that's stronger than our addiction. Members of organized religions, agnostics, and even atheists can work the twelve steps and be full members of Suicide Anonymous.

DOES SA HAVE AN OPINION ABOUT MENTAL ILLNESS OR PSYCHIATRIC MEDICATIONS?

Suicide Anonymous has no opinion on outside issues, including mental illness and psy-

chiatric medications. However, many of our members have experience with these topics, and it is not unusual for these topics to be discussed in meetings.

WHAT TYPE OF PEOPLE ATTEND SA MEETINGS?

People from all walks of life attend Suicide Anonymous meetings. Our membership includes doctors, retirees, truck drivers, high school students, homemakers, and everyone in between. Suicide Anonymous doesn't discriminate based on age, ethnicity, sexual identity, income, faith, or any other personal characteristic.

WHERE CAN I FIND A MEETING?

The best way to find a meeting is to visit our website which can be found on the back of this pamphlet. If there isn't a meeting in your area, you can start one yourself. See our pamphlet titled "How to Start an SA Meeting" for more information.