



Sisters Taking On the Prevention of Suicide

STOP Suicide

A Mental Health Awareness Organization

"It is through STOPS that I am able to understand my relative's mental illness and support them on their road to recovery. It is through STOPS that I have learned that I am not alone and have regained my emotional strength and energy. My experience with STOPS has been invaluable and has helped me to keep standing." ~ Ergieleena Teasley, Sisters Taking On the Prevention of Suicide (STOPS) Executive Board Treasurer

Your Feelings Matter Too

According to NAMI, 1 in 25 Americans live with a serious mental health condition. Mental health professionals have effective treatments for most of these conditions, yet in any given year, only 60% of people with a mental illness get mental health care.

As a result, family members, caregivers, and friends often play a large role in supporting their friend and/or loved one on their road to recovery. You may be trying to aid a family member who doesn't have access to adequate mental health care or who doesn't want help, or you may want to learn how to support someone who has been hospitalized or who has experienced a similar mental health crisis.

As a family member and/or friend of someone living with a mental illness, it's important to build your own support system. You might think your problems are small in comparison to what your friend and/or loved one is coping with - they are not. You are just as deserving of help and comfort.

A single flame can light one thousand candles.



Gathering strength through others will lead to camaraderie, confidence, and assurance that "Someone else knows what I am going through."

Therefore, encourage one another and build up one another, just as in fact you are doing.
(1 Thessalonians 5:11)

Sisters Helping Each Other

How Do I Get Support?

Join our support group! Sisters Taking On the Prevention of Suicide (STOPS), delivers Sisters Helping Each other (SHE), a program that addresses the prevention of compassion fatigue. SHE is a peer-to-peer support model that connects women interested in establishing relationships, sharing experiences, and learning from one another.



SHE provides a safe, private place for women who support a friend and/or loved one living with or exhibiting signs of a mental health challenge and who need information as well as sisterly support to cope with their circumstances. To learn more about our SHE Program, please contact us at: Support@HelpStopSuicides.org

5 Reasons to Join Our Support Community

- The development of strong emotional ties to one another
- Experience a sense of emotional relief from the support of others
- Improve your own problem-solving abilities
- Gain a sense of perspective and control during a difficult time
- Receive emotional backing, encouragement, motivation, and self-care strategies in a secure and comfortable setting

NOTE: The SHE Program is for the provision of general advice and educational purposes only. It is not meant to replace clinical counseling, medical treatment, legal counsel, or pastoral guidance. STOPS does not provide its own crisis hotline nor its own counseling services.

Hope For Mental Health

Mental illnesses are real, common, and treatable.

Please help us win this war against suicide in the United States. Please join us and stand up for those living with or lost to a mental illness. **Together we will put a STOP to suicide.**

For more information about us, visit our website at: HelpStopSuicides.org

Our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are sharers of our comfort.
(2 Corinthians 1:7)

If you are having a crisis, please dial 911, or go to the nearest emergency room.
If you or someone you know needs help - whether considering suicide or not - contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).