



Quarterly Newsletter

7 Ways to Honor Lives Lost to Suicide

BY: WWW.YOUMATTER.988LIFELINE.ORG



September is **National Suicide Prevention Month**, and not only is it for spreading suicide awareness and reaching out to those who are fighting, but also for honoring those who have lost their battle against suicide, and assuring that their names are not forgotten.

In 2013 (the most recent year in which full data was available), 41,149 suicides were reported in the United States alone. It is our job to make sure that the lives of these people- our friends, family members, neighbors, and peers- are still remembered and celebrated even though they are gone.

There are countless ways for you to honor those lost.

1. Write about your loved one(s) and share it in a way that feels best to you.
2. Planting a tree in their honor.

Donor of the Quarter



**The Dee Faye Generosity Award
Is Presented To
Eric Perkins and
the entire**

**Statco-DSI & Promach Family
Recognizing Your
Donations to**

**Dee Faye's Let's Talk Foundation, Inc
November 2022**

**Thank You for Your
Selfless Acts of Kindness**



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3. Get together old photos and memories to create a scrapbook or memory box. You may also get other friends, family members and loved ones involved.
4. Walk to raise awareness.
5. Share stories and beliefs of lost loved ones so that their thoughts and feelings may live on.
6. Participate in a support group for others coping with loss from suicide.

And, last but not least, the best way to honor our loved ones is simply by living. Live life joyfully and abundantly, the way that they would have wished. Spread love and hope and encouragement, and the message that no person is alone. Thousands of voices are silenced to suicide each year.. but not forever. We can be the voices of those lost.



LETS' RIDE & WALK
"LIFE IS WORTH LIVING"
JUNE 24, 2023
HERMOSA BEACH
REGISTER HERE:

[HTTPS://TINYURL.COM/REGISITER-HERE](https://tinyurl.com/register-here)

SAVE THE DATES:

OCTOBER 1, 2023

AN EVENING OF HOPE: A CELEBRATION OF LIFE
LIVE COMEDY & MUSIC

NOVEMBER 2023

2ND ANNUAL GOSPEL FESTIVAL FUNDRAISER





You're Invited!

LOSING SOMEONE NEAR AND DEAR TO OUR HEARTS IS A TRAUMATIC EXPERIENCE.

HERE AT DEE FAYE'S LET'S TALK FOUNDATION, WE KNOW THIS PAIN FIRSTHAND.

WE STARTED THIS FOUNDATION TO HONOR OUR LOVED ONE DEMETRICE MCCOWEN AND WE THOUGHT LET'S PROVIDE A UNIQUE WAY TO HONOR FOR OTHERS TO PAY TRIBUTE TO THEIR LOVED ONES.

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH IT IS ONLY BEFITTING WE IMPLEMENT THIS LOVING GESTURE IN OUR THIRD QUARTER EDITION BY SHOWCASING YOUR LOVED ONES IN OUR NEWSLETTER.

WE WILL MAKE EVERY EFFORT TO CONTINUE THIS NOD IN OTHER EDITIONS MOVING FORWARD ESPECIALLY IF THE OUTPOUR IS WHAT WE ANTICIPATE IT TO BE.

PLEASE DO THE FOLLOWING & SEND TO INFO@DEEFAYESLETSTALK.ORG:

1. DOWNLOAD THE PHOTO RELEASE & RETURN THE SIGNED RELEASE.
2. A SHORT BLURB YOU MAY WANT TO SHARE (IF NOT, THAT IS OK).
3. A COUPLE OF PICTURES (.JPEG OR .PDF) OF YOUR HONORED LOVED ONE.

WE WILL MAKE EVERY ATTEMPT TO GET THEM ALL UPLOADED IN OUR NEWSLETTER.

