



## UPLIFTING NEWS

# June TBI Support Group- Madison

6/19/18 - Meriter Hospital

by [The MindReset](#) on 7/5/18

The Madison TBI Support group welcomed guest speaker, Sarah Porter, Psy.D, to lead a discussion on a recently relevant news topic gathering nationwide renown: suicide.

Group members spoke openly about this topic and how it impacted them personally. Some of the topics covered: suicidal ideation, having attempted but not completing suicide, others in their lived who had completed suicide, elicited raw emotions that can accompany feelings of loss and despair.



Themes that arose from this meeting were:

- Each day is not promised, each day is not easy.
- Living takes a lot of energy and every day is a work in progress.

The discussion shifted as Dr. Porter posed the question, “How are you here today?” This question elicited many deep and thoughtful responses.

**One member stated: “I’m here because I failed to kill myself. Life is hard and it’s hard everyday. But I am also here, like here in this room, because I like being here, with all of you. I’m angry. I’m angry that I am here, too. I take all of that anger and put it into pumping iron. I just get into the gym and [expletive] take all my anger out on working out... But people do care about me... that’s why I’m here.”**

The group then talked about key strategies which anchored them to life such as having social supports, and having a set of personal values or beliefs that align with valuing life.

Overall, the meeting provided an opportunity to talk freely about the personal impacts of suicide. Attendees were able to walk away with strategies and resources to use when having suicidal ideation.

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