

ERICSHOUSE IS A 501(C)3 ORGANIZATION DEDICATED TO ADVANCING THE HEALING ARTS FOR THOSE IMPACTED BY SUICIDE OR ADDICTION LOSS. OUR MISSION IS TO BRING DIVERSE HEALING MODALITIES TO HELP PEOPLE HEAL IN AFTERMATH OF THEIR LOSS, AND TO CREATE OUTREACH AND PREVENTION PROGRAMS TO REDUCE THE STIGMA, CREATE AWARENESS, AND SAVE LIVES.



Eric'sHouse Held its First Healing Insights Healing Hearts Workshop in Phoenix, AZ on October 13th and 14th – THANK YOU TO OUR FIRST GROUP OF WORKSHOP PARTICIPANTS – LOOK AT ALL THOSE HAPPY FACES!!!!
Eric'sHouse held its first healing workshop at the Embassy Suites in Paradise

Valley, Arizona. It was a huge success. We had two well-known and well-respected mediums **Melinda Vail** and **Susan Grau**. Our first night included readings for those who have lost a loved one to suicide or addiction. Notably, **Melinda Vail** and her son **Mckennan** shared their experiences with suicide ideations and the effect on the family, and **Susan Grau** shared her experience with her near-death experience describing what Heaven was like for her. **Jill McMahon** shared a presentation on grief, and **Carole Whittaker**, PhD talked about awakening to Divine Presence and how we can grow from our struggles. **Dr. SiriChand Khalsa**, **Jean Nictakis**, and **Annie Campbell** share their perspectives on healing touch, EMDR, diet and nutrition. **Andrew Ecker** did a drum circle for us and **Anthony Gianinni** helped us with sound healing and flute. We had a wonderful group of people with whom we all shared sacred space for a candle vigil and remembrance ceremony. Love to all of you !!!! Stay tuned for 2018 spring and fall dates.

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Scholarship / Sponsorship for Shannon Ryer to Help Train in Kundalini Yoga for Relapse Prevention

Shannon has found Kundalini Yoga very helpful to overcome and prevent relapse for Alcohol and Drug addictions. She is ready to support others who have these struggles or at risk. She is doing discounted private Kundalini Yoga to fine tune and accelerate her studies so she can start her 6-month teacher training course on Jan 6, 2018. The cost is \$3200. Shannon works in a Hospital near her home and she can afford less than half towards the program. Your help will be appreciated so that she can bring this healing modality to those who are a struggling with addiction. Donations are tax deductible and will fund a non-profit Yoga center in Phoenix. Please contact Jaap Kaur Khalsa for donation information. Jaap.Kaur@cox.net or 602 410 4782.

Dates to Remember

Join **Melinda Vail** and **James Van Praagh** on November 17 and 18 for an Evening and Readings and a Saturday workshop. Visit www.MelindaVail.com.

Marianne Gouveia will be speaking at the 2017 ISOSL Day (International Survivors of Suicide Loss) on November 18th in Phoenix at the Roosevelt Church. Information can be found at <https://afsp.org/find-support/ive-lost-someone/survivor-day/>

On January 23, 2018 **Eric'sHouse.org** will host the first of many weekly "brown bag" meditations for those individuals who are in recovery or are struggling with addiction. These will be streamed live on Youtube. The meditation will last 45 minutes and will be held during "lunch hour". Jaap Kaur Khalsa will lead the meditation. You can return to work feeling relaxed and strong. The cost will be \$3.99 and the proceeds will go to fund Eric'sHouse.Org programs for outreach and prevention of suicide and addiction related deaths. Please email marianne@ericshouse.org for more information.

Look for Spring and Fall dates for the 2018 **Eric'sHouse** Grief Workshops. Visit www.ericshouse.org or email info@ericshouse.org.

ADVOCACY AND PREVENTION NEWS FROM AFSP

Crisis Lines: On October 31, S.1015, the National Suicide Hotline Improvement Act of 2017, was placed on the Senate Legislation Calendar for voting. If no one objects, the bill will be considered passed by the Senate in the next few days. On the House side, Representative Chris Stewart (R-UT) is working to get the House Energy & Commerce Committee to approve S.1015 once it passes and send it to the House floor for a vote. H.R.2345 (the House companion bill) has yet to make any progress. Currently 33 Representatives have signed on as cosponsors. [See if your Representative is a cosponsor.](#)

Opioid Epidemic: On November 1, the President's Commission on Combating Drug Addiction and the Opioid Crisis released a report highlighting strategies to fight what President Donald J. Trump declared a public health emergency last week. The Commission made 56 recommendations, including increased access to treatment programs, emergency responders' usage of overdose antidotes, and drug courts in every judicial district nationwide. [Read the Commission's full report.](#)

Reading - Article from The Mighty

<https://themighty.com/2017/04/asking-for-help-makes-you-strong-not-weak-mental-illness/>

TED Talks to Watch

<https://www.facebook.com/TED/videos/10159519779835652/>.

A mom talks about her daughter's mental health and how she was lead to heroin which ultimately ended her life. She established a recovery home for young women for addiction recovery.

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong. This TED talk explores the power of connection for the addicted person.

In the News

Marianne Gouveia will be co-leading a retreat developed by grieving parents for grieving parents. The retreat will be held at the Franciscan Renewal Center on December 1 – 3 2017. This retreat is for any parent who has lost a child at any age by any cause, no matter how long ago. It is intended to help parents explore their relationship with God after the most devastating loss – the death of a child. Visit www.thecasa.org for more information on the event. Visit www.emfpg for more information on the ministry.

Kristel Neilsen will host a special art meet up for survivors of suicide. Please join us for a morning of painting and ceramics at Ben's Bell Studio in Phoenix, anyone who has been affected by suicide is invited to come. This is an event to get together and do something fun and creative on a Sunday morning. The theme is "self kindness." The event is free and kid friendly, and there is room in the studio for 25 to attend. Snacks and coffee will be provided. Please RSVP to kristel.nielsen@gmail.com. Hope you can join us!
When: December 3, 11:00 am to 12:30 pm
Where: Benn's Bell Studio [417 E. Roosevelt, Phoenix, AZ](http://417.E.Roosevelt,Phoenix,AZ)
Link to map - <https://bensbells.org/phoenix>

About Suicide and Addiction

SUICIDE AFFECTS PEOPLE FROM ALL WALKS OF LIFE. THERE ARE MORE THAN 43,000 SUICIDE DEATHS EACH YEAR IN THE UNITED STATES.

ONE IN EVERY SIX AMERICANS ARE TOUCHED BY SUICIDE. THERE ARE ~121 SUICIDES PER DAY AND FOR EVERY ONE DEATH THERE ARE 25 ATTEMPTS. MANY MORE GO UNREPORTED.

THERE ARE OVER 65,000 ADDICTION-RELATED DEATHS EACH YEAR IN THE US. 75% OF ALL SUICIDES HAVE AN ADDICTION COMPONENT.

DRUG OVERDOSE IS THE 2ND LEADING CAUSE OF ACCIDENTAL DEATH IN THE US. OF THE 52,404 OVERDOSE DEATHS, 32,000 ARE A RESULT OF OPIOID AND HEROIN ADDICTION.

Those of us touched by addiction-related deaths or death by suicide are not alone. The statistics are alarming.

SUICIDE AND ADDICTION TAKE MORE LIVES THAN WAR, MURDER, AND NATURAL DISASTERS COMBINED, AND IT IS ON THE RISE.

Donate to Eric'sHouse.org to help fund projects that save lives and help survivors of loss. [Click here.](#)