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**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.**

**Donate to EricsHouse.org to help fund projects that help survivors of loss. [Click here.](#)**

**Ericshouse is now in the AmazonSmile program, which donates 0.5% of each purchase.**

**Ericshouse Is Holding Its 2<sup>nd</sup> Grief Workshop on June 1 and June 2, 2018.** We had such a great event last October that we are now holding our second workshop to be held on June 1<sup>st</sup> & 2<sup>nd</sup>, 2018.

Our traditional “Night of Readings with Evidential Mediums **Melinda Vail** and **Susan Grau** will be on Friday evening at the Montelucia resort. Our Saturday workshop will be held at the Franciscan Renewal Center (The Casa) and include such topics as:

- ◆ Myths of Grief
- ◆ Life After Life
- ◆ Grief Recovery & Growth
- ◆ Artistic Expression (with a take-home piece)
- ◆ Diet and Nutrition
- ◆ Individualized Plan for Moving Beyond Loss



And, of course, we will have our popular healing meditations and drum circle with **Andrew Ecker**. Please join us for an event-filled healing experience. [Click here](#) for more information or contact Marianne at [marianne@ericshouse.org](mailto:marianne@ericshouse.org). See you there !!

## Intuitive and Alternative Healing

Our “Night of Readings with Evidential Mediums **Melinda Vail** and **Susan Grau** on June 1<sup>st</sup> is open to everyone, even if you are not attending the workshop. This event will be held at the Montelucia Resort located at 4949 East Lincoln Drive, Scottsdale, AZ 85253. For more information, please visit our website [www.ericshouse.org](http://www.ericshouse.org). All proceeds benefit EricsHouse.

Ericshouse will begin filming video **meditations** beginning March 26<sup>th</sup> that will focus on helping suicide attempt survivors and those people who are in recovery. This will be sold at a minimal charge and the proceeds will go toward scholarships for workshop, counseling and coaching, and other holistic forms of healing for loss survivors. Look for an update in our next newsletters.

Ericshouse is planning a Soul Opening Awareness Retreat (S.O.A.R) for the fall. This will be led by Medium Susan Grau. Stay tuned for the details.



*Our icon is the Dandelion which symbolizes healing from emotional pain – the warmth and power of the rising sun – surviving all challenges and difficulties – long lasting happiness and youthful joy – since the Dandelion can thrive in difficult conditions, it is no wonder that the flower symbolizes the ability to rise above life’s challenges. Our team of counselors, coaches, intuitive healers, spiritual directors, art therapists, music therapists, and health experts help people rise above their loss.*

## Advocacy and News

We know that 75-80% of suicides have an addiction component, but there is little data that analyzes how many overdose deaths are suicides. In a recent article written by Marth Bebinger and published at NPR.org, it appears that between 25% and 45% of deaths by overdose may be actual suicides. Dr. Maria Oquendo, past president of the American Psychiatric Association discusses the fact that opioid-related deaths are at an all-time high at the same time that suicides are at a 30-year high. This is a must read article: <https://www.npr.org/sections/health-shots/2018/03/15/591577807/how-many-opioid-overdoses-are-suicides>

**Opioid Epidemic:** With all the attention to the opioid crisis in the United States, how can overdose deaths be increasing? According to the CDC, the number of overdose deaths related to opioids increased by 1/3 over the last 14 months. How can that be? This article by Jessica Glenza lays out statistics which indicated that overdoses have increased in most states, by both men and women, and across all age groups. This is a good read. <https://www.theguardian.com/us-news/2018/mar/06/opioid-crisis-overdoses-increased-by-a-third-across-us-in-14-months-says-cdc>

## Reading List from The Mighty

### Grieving After Suicide Loss:

[https://themighty.com/2017/02/grieving-after-suicide-loss/?utm\\_source=search&utm\\_medium=site&utm\\_term=suicide%20grief](https://themighty.com/2017/02/grieving-after-suicide-loss/?utm_source=search&utm_medium=site&utm_term=suicide%20grief)

### Addiction Does Not Discriminate:

<https://themighty.com/2016/04/losing-a-loved-one-to-addiction/?>



## Faith-Based Healing

For those people interested in a faith-based retreat, you can visit [www.emfgp.org](http://www.emfgp.org). This ministry, Emmaus For Grieving Parents, was founded by Diane and Charley Monaghan who lost their son Paul to Suicide in 2002. in This is a 3-day retreat being held on April 6, 7, 8 at the Franciscan Renewal Center – a quiet, serene campus that is a great place for healing. Visit [www.thecasa.org](http://www.thecasa.org) for more information on the event.



## Free Art Classes



*This mandala was created by Bree Beard during a recent art class! What a inspiring way to process grief and create beautiful piece that will always remind you of your loved one. The purpose of a mandala is to help transform ordinary minds into enlightened ones and to assist with healing.  
Beautiful Job Bree !*

Arizona Artists Guild offers tuition-free art classes to Suicide Survivors. This program is designed specifically for friends and families who have lost a loved one to suicide as well as those who have attempted suicide and survived. Attendees will receive the benefits of expression, social interaction with others, and the enjoyment of quality time engaged in a creative activity. Working alongside one another so that they can meet and share with people in similar situations. Children 10 and older are welcome to attend if they are with an adult. For more information or for any questions, please call or text [602-791-3050](tel:602-791-3050) or email [Kristel.nielsen@gmail.com](mailto:Kristel.nielsen@gmail.com).

## Update on Shannon Ryer and her project using Kundalini Yoga for Relapse Prevention.

In our fall newsletter, we introduced Shannon, who is working on a certification to use Kundalini Yoga to help people prevent alcohol or drug relapse. She is doing discounted private Kundalini Yoga to fine tune and accelerate her studies. She starts her 6-month teacher training course in January, 2018. Shannon is growing stronger and improving her communication skills. This is GREAT progress for an effective Yoga teacher. She is still accepting scholarship funds to offset some of her training costs. If you are interested in helping Shannon help those suffering from addiction, contact her instructor, Jaap Kaur at [Jaap.Kaur@cox.net](mailto:Jaap.Kaur@cox.net) or 602-410-4782. We hope to bring some of Shannon's good work to EricsHouse as a way of offering more holistic approaches to healing.



### 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 2<sup>ND</sup> 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.**

*EricHouse Inc. is a non-profit organization dedicated to serving the emotional, physical, and spiritual needs of those impacted by suicide or addiction loss. We bring a variety of traditional and holistic approaches to help those throughout their grief journey, and we go a step beyond by supporting attempt survivors and those in recovery.*

