

3. The only requirement for SA membership is a desire to stop living out a pattern of suicidal ideation and behavior. Any two or more persons gathering together for this reason may call themselves an SA group, provided that as a group they have no other affiliation.

4. Each group should be autonomous except in matters affecting other groups or SA as a whole.

5. Each group has but one primary purpose – to carry its message to those who still suffer from suicidal ideation and behavior.

6. An SA group or SA as a whole ought never endorse, finance or lend the SA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.

7. Every SA group ought to be fully self-supporting, declining outside contributions.

8. SA should remain forever non-professional, but our service centers may employ special workers.

9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. SA has no opinion on outside issues; hence the SA name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, T.V., film and other public media. We need guard with special care the anonymity of all fellow SA members.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities

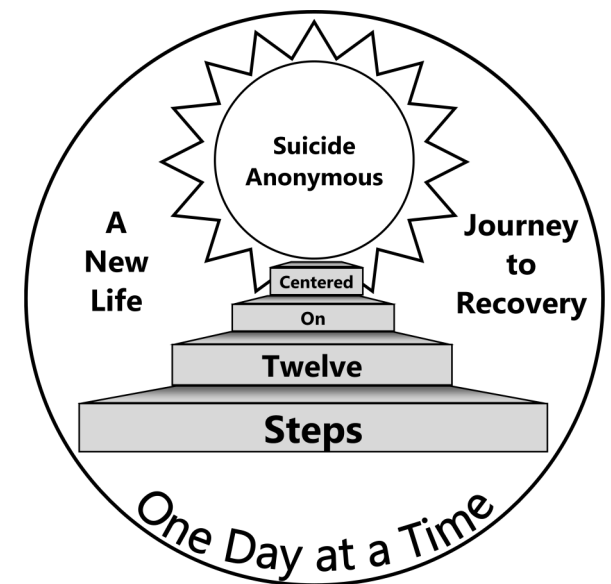
## SUICIDE ANONYMOUS

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## SUICIDE ANONYMOUS

*The only qualification for membership is a desire to stop living out a pattern of suicidal ideation and behavior.*

## How to Start a Suicide Anonymous Meeting



<http://www.suicideanonymous.net>

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## WHAT IS NEEDED TO START AN SA MEETING?

The SA third tradition states, in part, “[a]ny two or more persons gathering together...may call themselves an SA group, provided that as a group they have no other affiliation.” Clearly this gives us great leeway in what a meeting can be. However, our experience has been that meetings work best when they occur at a regular place and time.

## HOW DO I FIND A PLACE FOR A MEETING?

The best way to find a meeting place for an SA group may be to research where other 12-Step groups meet. Common venues include community centers, places of worship, and even small businesses. SA groups pay rent for a meeting place, and they do not endorse or lend the Suicide Anonymous name to the meeting place. Our experience has shown that the most successful meetings are held in well-known public places.

## HOW IS AN SA MEETING STRUCTURED?

SA meetings are structured much like any other 12-Step meeting, such as Alcoholics Anonymous. It may be beneficial to those trying to start an SA meeting to attend open meetings of other 12-Step groups. (Anyone may attend an open 12-Step meeting; closed meetings are exclusively for those who consider themselves to be members of the organization.) Please visit [www.suicideanonymous.net](http://www.suicideanonymous.net) for a sample SA meeting format.

## SHOULD THERE BE A MENTAL HEALTH PROFESSIONAL PRESENT AT EACH MEETING?

Our eighth tradition lets us know that “SA should remain forever nonprofessional.” There are mental health professionals who attend meetings, but they do so as suicide addicts and not in a professional capacity.

## HOW DO I FIND OTHER SUICIDE ADDICTS?

Letting mental health professionals know that a meeting has been started can help ‘get the word out.’ Placing pamphlets like “What is Suicide Anony-

mous” on public bulletin boards in coffee shops often attracts interested parties. Once your meeting has started, make sure you contact the SA World Service Committee get your meeting added to the website!

## HOW DO I AVOID VIOLATING THE ELEVENTH TRADITION OF “ATTRACTION RATHER THAN PROMOTION?”

There is nothing wrong with letting others know what SA is and that an SA meeting exists. A problem exists when we tell people that they should attend SA or that they are suicide addicts.

### **THE TWELVE TRADITIONS OF SUICIDE ANONYMOUS**

1. Our common welfare should come first; personal recovery depends upon SA unity.
2. For our group purpose there is but one ultimate authority – a loving God as this power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.