

Seashore, riverside, lakeshore... These are the places where we can relax and stretch out in peace.

With this in mind, we named this group “Mizube no Tsudoi” [Waterside Gathering]. In this group, we hope and resolve to offer opportunities where those bereaved by suicide can comfortably share their thoughts and experiences.

We commit ourselves with complete dedication to achieving this goal. We welcome you while you are seeking your own place of comfort, but please respect our rules.

Sharing Rules

1. Whatever is discussed in meetings should not be disclosed elsewhere or ever be shared with others, including by email or via the Internet. Let's respect each other's privacy.
2. It is perfectly OK to remain silent and just listen to other people's stories. Silence can be meaningful.
3. You do not need to answer any questions that make you feel uncomfortable. Likewise, please don't push anyone to answer your own questions.
4. Everyone in this situation has different thoughts, even though they all share the same experience of having had a family member commit suicide. If you find any topics too painful to discuss, do not hesitate to tell others how you feel.
5. Sometimes giving even well-meaning advice might end up hurting other people's feelings. Remember to be considerate to others in meetings.



- Venue for Mizube no Tsudoi meetings:
Conference Room, 4F
Tamagawa Center, Setagaya Ward
Tel.: 03-3702-1675
- Access:
1 min from Todoroki Station (Tokyu Ōimachi Line)
- Group meeting time:
4th Sunday of every month unless notified
(Schedules may change due to room conflicts.
Check our blog for the latest information.)
From 1:30 p.m. to 4:00 p.m.
(No appointment is necessary. You may to come
and go between these times.)
- Protection of privacy:
You can use a pseudonym if you prefer. We do not
ask you about any private matters except your
relationship with the deceased.
- Fees:
300 yen per person (room and refreshment costs)
- After meetings, we usually have an informal
get-together in a nearby cafe. Please join us.

If you have lost a loved one to suicide

Let's work slowly towards moving on together. This self-help group is organized by family members who have lost a loved one or love ones to suicide.



We are not related to any political, religious, or profit-making organization.

Supported by Setagaya Ward, Tokyo (2011)

Tokyo self-help group for those bereaved by suicide

Mizube no Tsudoi

[Waterside Gathering]

Website: <http://blog.goo.ne.jp/mizubenotudoi>

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I cannot tell the truth to anyone,
I blame myself for not noticing,
I am holding the pain inside while enduring,
being hurt by well-meaning encouragement,
yet I respond with a smile...

Having been bereaved by suicide,
we live with many emotions
including, naturally, unbearable grief.

Mizube no Tsudoi is a self-help group
that was launched by those who have lost
a child, parent, spouse, or sibling,
with the hope of communicating
with those who are going through
the same experiences.

Because we are not professional
psychiatrists or counselors,
we cannot offer “medical treatment”
for your broken heart.

Our goal is cultivating the strength to live,
by sharing grief and pain and
by supporting each other.
We have all had the same experience of
losing someone important in our lives.



Besides monthly sharing meetings,
we organize picnics in the spring and autumn.
We hope that you will enjoy spending a pleasant time
with other bereaved family members.

We also provide consultations about common issues
such as compensation claims, inheritance succession,
and worker's compensation insurance.
We can provide referrals to experts who understand
well about being bereaved by suicide.

All comments in the
Mizube no Tsudoi blog are welcome.
<http://blog.goo.ne.jp/mizubenotudoi>.

You can access the blog via your mobile phone.
In the “Review” section of the blog,
you can see information about books and movies
related to being bereaved by suicide.
We hope you will find the information useful.

Sharing / Self-Help Group

The following quote is from *Self-Help Groups* written
by Tomofumi Oka, PhD, Professor in the Department
of Social Services at Sophia University, published by
Seiwa Shoten.

Sharing is the basic principle of "Honjin no Kai"
[Group of Selves]. Group activities start here.
Sharing is based on the desires of those who want to
meet other people with the same experiences. This
goes beyond consoling each other and is a
significantly active experience. What they share
includes individual emotions accompanying the same
experiences, useful information, and thoughts that
inspire each other to have strength.

(The Japanese term "Jijo Grūpu" is the direct translation of
“Self-Help Group”. Dr. Oka uses "Honjin no Kai" as a term
that he feels is easier to understand.)

You might first wonder, "Did these people really go
through the same experience as me?" because the
atmosphere of the group meetings is so bright. But
when you start talking about your deep sorrow, group
members will listen to you attentively. No shallow
consolation or irresponsible advice is offered in the
group. Instead, people might tell you their own stories
and sometimes even smile about how they have
suffered, felt distressed, and how they have coped in
the same situation. This is what constitutes sharing,
which is at the core of "Honjin no Kai" [Group of
Selves].