



STORIES OF SURVIVORS

FROM MY HEART TO YOURS

ISSUE TWO | OCTOBER 2026

**Hope is not the absence of pain.
It is the light that helps us keep going through
it.**

A month of courage, connection, and carrying hope forward



Let your heart stay open to what is still possible.

A Note From My Heart

October reminds me that awareness cannot end when September does. The conversations about suicide prevention, grief, mental health, and hope must continue long after the ribbons and campaigns are gone.

S♥S began from the deepest loss of my life, but it continues because people are brave enough to share what they have survived. Every honest conversation helps someone listening feel a little more understood and a little less alone.

On October 5, public voting opens for the Top Host competition. I entered because this opportunity could help bring these conversations to more people, expand the resources we share, and carry Scott's light and legacy into communities far beyond our own.

Whether you listen, share an episode, check on someone you love, or cast a vote, thank you. Every act of kindness helps hope travel farther.

*With love,
Serina*

HELP S♥S REACH MORE HEARTS

Public voting for the 2026 Top Host competition begins October 5. One free vote is available every 24 hours after voter verification. The October rounds move from the Top 20 to the Top 5.

For me, this is about far more than a title. It is a chance to bring survivor voices, mental health and grief resources, and Scott's legacy to a much larger audience.

[VOTE FOR SERINA AT TOPHOST.ORG](https://tophost.org)

Top 20: Oct. 5–15 ♥ Top 15: Oct. 15–22 ♥ Top 10: Oct. 22–29

This Month on S♥S

DATE	EPISODE
October 4	Bethany Scott: Grief, Motherhood & The C-Section Experience
October 11	Ambassadors of Compassion: Eric & Jodi Hannah
October 18	Barbara Rittner
October 25	Jess Koralus

Watch new episodes and subscribe: youtube.com/@sosstoriesofsurvivors

♥ FROM MY BOOK ♥

S.O.S.: A Lesson on Love, Loss, & Survival

This book holds my letters to Scott, his poetry, and the story of how our family learned to carry unbearable loss while still making room for love, signs, purpose, and hope.

[READ MORE & ORDER AT www.SerinaDansker.com](http://www.SerinaDansker.com)

October reflection

What part of your story are you still learning to carry with compassion? You do not have to rush your healing. You only have to keep making room for the next small step.

Scott's Words

My 8 Reasons Why

(5/12/2019)

*You are my world,
You are my life
You are my reason why
You are my love,
You are my pride,
You are the reason why
You are my thoughts,
You are my lies,
You are the reason why
You are my queen,
You are my lives,
You are the reason why,
You are my reasons why and nothing will change my 8 reasons why.*

- Scott Dansker

How's Your Heart Today?

Before this month carries you away, pause and ask yourself: What do I need more of right now? Rest, support, honesty, connection, or simply a little kindness? Your heart deserves an honest answer.

If you are in the dark tonight, please reach for help.

In the U.S., call or text 988, or visit 988lifeline.org. Free, confidential support is available 24/7.

JOIN THE S♥S CIRCLE

One heartfelt note each month with survivor stories, Scott's words, resources, and ways to help hope travel farther.

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S.M. Dansker | Author | Host | Storyteller