

Loss Survivor Combined Resources

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Survivor Resources

Suicide takes the lives of about 47,000 Americans each year. Every one of these deaths reverberate through families, workplaces, schools and universities, religious organizations, and every other social network in our lives. Those left behind after the suicide of a family member, friend, or colleague are referred to as “loss survivors.” Navigating the loss of a loved one to suicide can be a struggle, but you are not alone in this. Other loss survivors share your experience and have created resources to help you cope and move forward in your life.

Hotlines

Crisis Text Line:

Text GULF to 741741

National Suicide Prevention Lifeline:

1-800-273-TALK

National Hopeline Network

1-800-SUICIDE

Trevor Lifeline

1-866-488-7386

Text “Trevor” to 1-202-304-1200

(Mon-Fri 3pm-10pm EST)

Lakeview Center 24/7 Mobile Response Team

866-517-7766



Support Groups

(in person and online)

Loss survivor support groups give individuals a safe environment to listen and share their experiences and grief with others in similar situations. Most suicide loss survivor support groups are facilitated by a fellow loss survivor. For some, involvement in a support group may be a short-term need, while for others the need may be ongoing. Involvement in a support group can begin soon after the suicide of a loved one or long after the suicide has occurred. Individuals who are experiencing profound grief may also require individual counseling.

Support Organizations

These organizations provide support for survivors in a variety of ways, providing information and hosting awareness events and activities.

American Association of Suicidology (AAS) Directory of Support Groups

<https://www.suicidology.org/suicide-survivors/sos-directory>

A listing of support groups by state, also includes support groups in Canada.

American Foundation for Suicide Prevention (AFSP) Directory of Support Groups

http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FEE33687-BD31-F739-D66C210657168295

A search tool to find support groups by state.

Parents of Suicide

<http://www.parentsofsuicide.com/parents.html>

A mailing list provides that provides a supportive environment for parents whose children have died of suicide.

Suicide Discussion Board

<http://www.suicidediscussionboard.com/>

An online discussion board for the purposes of suicide awareness, support, and education for those whose lives have been affected by suicide.

Pensacola Survivors, Inc.

<https://www.pensacolasurvivors.org/>

A nonprofit organization which was founded in February 2018 to support local community members who have lost someone to suicide, are suicide attempt survivors or struggle with their own mental health. They are dedicated to providing support and resources to our local Pensacola community including Escambia and Santa Rosa counties.

Compassionate Friends

<http://www.compassionatefriends.com>

A national non-profit, the mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Support Organizations

(Continued)

The Dougy Center for Grieving Children & Families

<http://www.dougy.org>

Through their National Center for Grieving Children and Families, The Dougy Center provides support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief.

Friends For Survival, Inc.

<http://www.friendsforsurvival.org>

A national non-profit organization that provides a variety of peer support services to comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss and educate the entire community regarding the impact of suicide. All staff and volunteers have been directly impacted by a suicide death.

Heartbeat: Grief Support Following Suicide

<http://www.heartbeaturvivorsaftersuicide.org>

This is a peer support group offering empathy, encouragement and direction following the suicide of a loved one.

Link Counseling Center's National Resource Center

<https://www.thelink.org/>

The center's goal is to provide suicide-related community education in the areas of prevention, intervention, and aftercare, as well as healing support services for families, youth, and those affected by the psychological trauma of suicide.

SAVE: Suicide Awareness Voices of Education

<http://www.save.org>

An organization dedicated to education about suicide and mental illness. The organization was founded by survivors and their website contains a "Coping with Loss" section for survivors.

Sibling Survivors

<http://www.siblingsurvivors.com>

An individual runs this website to provide online resources for sibling suicide survivors.

Publications and Resources

After a Suicide: Recommendations for Religious Services and Other Public Memorial Observances

Suicide Prevention Resource Center (SPRC), 2018

<http://www.sprc.org/library/aftersuicide.pdf>

A guide to help community and faith leaders who plan memorial observances and provide support for individuals after the loss of a loved one to suicide.

Surviving Suicide

<http://www.survivingsuicide.com>

An individual runs this website to aid in healing after the loss of a loved one by suicide. The site contains personal reflections of survivors, suggested reading, and an event listing.

Advocacy

These resources are for survivors looking to get involved in prevention and advocacy.

At-a-Glance: Safe Reporting on Suicide

Suicide Prevention Resource Center (SPRC), 2007

<https://health.cornell.edu/sites/health/files/docs/Safe-reporting-on-suicide.pdf>

A two page summary of the Reporting on Suicide: Recommendations for the Media, a 2001 publication by the Centers for Disease Control and Prevention, National Institute of Mental Health, and other organizations.

Channeling Grief into Policy Change: Survivor Advocacy for Injury Prevention

<http://www.traumaf.org/images/IPNweb.pdf>

Personal stories of survivor advocacy for injury prevention are included as well as information on how to advocate.

American Foundation for Suicide Prevention

<https://afsp.org/our-work/advocacy/>

ASPF works to create ways for survivors of suicide to transform their grief into positive action to prevent future tragedies.

This resource list and other publications for survivors are available in the SPRC Online Library at <http://library.sprc.org>.

Organizations and Websites for Survivors

Alliance of Hope for Suicide Survivors

<http://www.allianceofhope.org/>

This organization for survivors of suicide loss provides information sheets, a blog, and a community forum. Through the forum, survivors can contact others with similar losses, share their stories, and discuss healing from a loss by suicide. The forum operates like a 24/7 support group with a team of trained moderators and a mental health clinician who contributes regularly.

Friends for Survival

<http://www.friendsforsurvival.org>

This organization is for people who have lost family or friends to suicide and professionals who work with people who have been touched by suicide. All of the staff and volunteers have been directly impacted by a suicide death. The organization produces a monthly newsletter and runs the Suicide Loss Helpline (1-800-646-7322), which is available 9 a.m.–9 p.m., seven days a week. It has also published the guide Pathways to Purpose and Hope, which provides comprehensive information on building a community-based suicide survivor support program.

HEARTBEAT: Grief Support Following Suicide

<http://heartbeatsurvivorsaftersuicide.org/>

This organization has chapters providing support groups for survivors of suicide loss in Colorado and some other states. Its website provides information sheets for survivors and a leader's guide on how to start a new chapter of HEARTBEAT.

Parents of Suicides and Friends & Families of Suicides (POS-FFOS)

<http://www.pos-ffos.com/>

This website provides a public message board called Suicide Grief Support Forum, a listserv for parents, a separate listserv for others, and an online chat room for an international community of survivors of suicide loss.

Suicide: Finding Hope

<http://www.suicidefindinghope.com/>

This website provides information sheets, a resource list, and a few brief videos for survivors of suicide loss and also for suicide attempt survivors.

Key Suicide Prevention Organizations with Information for Survivors

American Association of Suicidology (AAS)

<http://www.suicidology.org>

AAS addresses many aspects of suicide prevention, intervention, and survivor support. Its website has a section called "Suicide Loss Survivors" (<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>), which includes newsletter articles, personal stories, and a directory of support groups for survivors of suicide loss. There is also a section for clinicians who have lost a patient and/or family member to suicide. AAS, in collaboration with AFSP (below), organizes the one-day Healing After Suicide conference to provide survivors with educational tools and resources to help deal with their personal grief; assists mental health providers and other caregivers in understanding the needs of survivors; and provides assistance to leaders of existing support groups and participants who want to establish new support groups.

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

AFSP provides a wide variety of services related to suicide prevention and coping with suicide. Its website has a section called "Coping with Suicide" (<http://www.afsp.org/survivingsuicideloss>), which offers information for survivors, as well as personal stories and a directory of support groups for survivors of suicide loss. AFSP provides a training program for support group facilitators and a survivor outreach program through which volunteer survivors listen, show support, and provide information about local resources to newly bereaved survivors. AFSP also sponsors the International Survivors of Suicide Day, an event where the survivor community comes together for support and healing.

Suicide Awareness Voices of Education (SAVE)

<http://www.save.org>

SAVE is an organization that focuses on public awareness and education about suicide and suicide prevention. Its website has a section for suicide loss survivors called "Coping with Loss" (<http://www.save.org/coping>), which contains information sheets, personal stories, a directory of support groups for survivors of suicide loss, and an extensive resources list.

Suicide Prevention Resource Center (SPRC)

<http://www.sprc.org>

SPRC provides information, training, and technical assistance related to suicide and suicide prevention. Its online library has a large number of materials for survivors of suicide loss at http://www.sprc.org/library_resources/listing/search?tid_3=All&tid_2=All&tid_1=All&tid=254

Key Guides for Survivors

After a Suicide: Recommendations for Religious Services and Other Public Memorial Observances

<http://www.sprc.org/sites/sprc.org/files/library/aftersuicide.pdf>

This booklet helps community and faith leaders plan memorial observances and provide support to survivors.

SOS: A Handbook for Survivors of Suicide

https://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/SOS_handbook.pdf

This is a brief handbook to help people who have experienced a loss by suicide cope with their emotions and questions.

Surviving a Suicide Loss: A Financial Guide American Foundation for Suicide Prevention (AFSP) & National Endowment for Financial Education (NEFE), 2004

http://afsp.org/wp-content/uploads/2016/02/survivingasuicideloss_afinancialguide.pdf

A guide for survivors who have lost a spouse, parent, child, or other loved one to suicide and need to make financial decisions regarding their loss.

Resources for Survivor Support Groups and Programs

Preventing Suicide: How to Start a Survivors' Group

http://www.who.int/mental_health/prevention/suicide/resource_survivors.pdf

This manual discusses the needs of suicide survivors and the ways in which self-help groups can help. It also provides guidance on how to establish and run a survivors' support group.

Support Group Facilitation Training

<http://www.afsp.org/facilitatortraining>

AFSP sells a 95-page guide to effective support group facilitation titled *Facilitating Suicide Bereavement Support Groups: A Self-Study Manual*, along with a 90-minute companion DVD. AFSP also offers a two-day training program that uses lecture, interactive discussion, and role-playing to prepare participants to create and facilitate a survivor support group. The training is offered throughout the year across the United States.

The Basics: Facilitating a Suicide Survivors Support Group

http://www.sprc.org/sites/sprc.org/files/library/The_Basics_Facilitator_Guide.pdf

This guide provides information on survivor issues and starting and facilitating a survivor support group, handouts and resources that can be used by group facilitators, and reflections from a survivor's perspective.

Suicide Prevention and Postvention Resources

General Support:

Coping With Grieving and Loss

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm/#content>

The Grief Toolbox

<http://thegriefftoolbox.com/>

Life after Loss: Dealing with Grief

<https://cmhc.utexas.edu/grieffloss.html>

Grieving

<http://forums.grieving.com/>

Major Depression and Complicated Grief

<https://www.cancer.org/treatment/end-of-life-care/grief-and-loss/depression-and-complicated-grief.html>

Support for Children:

National Alliance for Grieving Children

<http://childrengrieve.org/>

Kidsaid

<http://www.kidsaid.com/>

The Dougy Center

<https://www.dougy.org/grief-resources/>

Comfort Zone Camp

<http://www.comfortzonecamp.org/>

Death and Grief

<http://kidshealth.org/en/teens/someone-died.html>

Support for Parents:

Candlelighters Childhood Cancer Foundation

<https://candle.org/family-services>

CJ First Candle

<http://cjfirstcandle.org/>

Parent Grief Support Directory

<http://www.live-evermore.org/parent-grief-support-directory>

MISS Foundation

<http://www.missfoundation.org/>

The TEARS Foundation

<http://www.thetearsfoundation.org/>

Support for Widows and Widowers:

National Widowers Association

<http://www.nationalwidowers.org/>

Widow Net

<http://widownet.org/>

10 Places Grieving Widows Can Get Help

http://www.huffingtonpost.com/gloria-horsley/ten-places-grieving-widow_b_8039916.html

Support for Military Families:

American Gold Star Mothers

<http://www.goldstarmoms.com/>

Gold Star Wives

<http://www.goldstarwives.org/?>

Operation Stephens Touch

<http://www.stephentouch.org/>

Tragedy Assistance Programs for Survivor

<http://www.taps.org/survivors/>

US Department of Veteran Affairs

https://www.vetcenter.va.gov/Bereavement_Counseling.asp

Help Those Who Are Grieving:

How to Support The Bereaved

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/grief-how-to-support-the-bereaved>

How to Help Someone Who is Grieving

<http://www.journeyofhearts.org/grief/help.html>

Helping Grieving Parents

<http://americanhospice.org/working-through-grief/helping-a-grieving-parent/>

When an Employee or Coworker is Grieving the Death of A Child

<https://www.compassionatefriends.org/find-support/employees-coworkers/>

Helping Your Child Deal With Death

<http://www.kidshealth.org/parent/emotions/feelings/death.html>

Guidelines for Parents to Help Their Grieving Children Through Death

<http://americanhospice.org/grieving-children/165-2/>

The Grieving Teen

<http://americanhospice.org/grieving-children/someone-you-love-has-died-a-book-for-grieving-children/>