



Suicide Prevention Resources for Survivors of Suicide Loss



This sheet lists a selection of organizations, websites, and materials that can help people who have lost someone to suicide. Many of these resources were developed by survivors of suicide loss. Although not the focus of this sheet, many of the organizations listed also provide guidance on becoming involved in prevention, advocacy, and support for other survivors.

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.

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

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 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 for suicide loss survivors and those who help them.

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 "I've Lost Someone" (<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. 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 "Grief Support" (<https://www.save.org/what-we-do/grief-support/>) which contains information sheets, personal stories, and a directory of support groups for survivors of suicide loss.

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 Resource Directory: Coping with Grief, Trauma, and Distress

<http://www.personalgriefcoach.net/>

This extensive online directory contains resources for survivors of suicide loss as well as for people who want to support survivors. It includes links to websites, booklets, online discussion forums and chat rooms, support groups, and resources for some specific populations and settings.

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

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

Available in Spanish at http://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/SOS_Espanol.pdf

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

Suicide: Coping with the Loss of a Friend or Loved One

<http://www.save.org/product/coping-with-the-loss-of-a-friend-or-loved-one/>

This is a brief guide to understanding and coping with emotions and questions that arise from losing a friend or loved one to suicide.

Surviving a Suicide Loss: A Financial Guide

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

This brief guide was developed to help survivors of suicide loss deal with personal financial issues, especially if the person who died was the primary bread winner or financial decision maker in the family.

Resources for Survivor Support Groups and Programs

Pathways to Purpose and Hope

<http://www.friendsforsurvival.org/pathways.html>

This is a guide for creating a support program for survivors of suicide loss that offers a variety of services on a long-term basis. It is designed to help any lay person start a new program or enhance an existing one. It provides instructions for developing an agency brochure, database, and website; welcoming new families; facilitating support meetings; compiling a newsletter; and other services. It also includes chapters on communications, finances and fundraising, training, governance, and evaluation, as well as sample forms and handouts.

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.

Training Program: Facilitating a Suicide Bereavement Support Group

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

This two-day training program uses lecture, interactive discussion, and role-playing to prepare participants to create and facilitate a survivor support group. There is one training on facilitating support groups for adults and another on facilitating support groups for children and teens. Trainings are offered throughout the year across the United States.

SurvivorVoices: Sharing the Story of Suicide Loss

<http://www.theconnectprogram.org/sites/default/files/site-content/docs/SurvivorVoices-BACK.pdf>

This two-day, in-person training program teaches suicide loss survivors how to speak safely and effectively about their loss—both publically and privately. It is usually provided to a group of no more than eight survivors to allow time for each person to share and get support.

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.

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Suicide Prevention Resource Center

Web: <http://www.sprc.org> | E-mail: info@sprc.org | Phone: 877-GET-SPRC (438-7772)