

Survivor Resources

Suicide takes the lives of about 30,000 Americans each year. Each of these deaths reverberates through families, workplaces, schools and universities, religious organizations, and the other social networks in our lives. Those left behind after the suicide of a family member, friend, or colleague are referred to as "survivors." Surviving a suicide can be a struggle. But you are not alone in this struggle. Others have been through it and have created resources to help.

Support Groups (in person and online)

Survivor support groups give individuals a safe environment in which to listen and share their experiences and grief with others in similar situations. Most suicide survivor support groups are facilitated by a survivor of suicide. For some survivors, 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 in some cases, long after the suicide has occurred. Individuals who are experiencing profound grief may also require individual counseling.

American Association of Suicidology (AAS) - Directory of Support Groups

<http://www.suicidology.org/displaycommon.cfm?an=1&subarticlenbr=55>

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.

Friends and Families of Suicide

<http://health.groups.yahoo.com/group/FFofSuicides/>

An e-mail support group for those whose lives have been affected by suicide.

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.

Survivor Organizations

These organizations provide support for survivors through a variety of ways, including providing information and holding awareness events and activities.

AAS Clinician Survivor Task Force

http://mypage.iusb.edu/~jmcintos/therapists_mainpg.htm

Under the auspices of the American Association of Suicidology, the task force will provide consultation, support and education to psychotherapists and other mental health professionals to assist them in understanding and responding to their personal/professional loss resulting from the suicide death of a patient/client.

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.

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

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

<http://www.heartbeatsurvivorsaftersuicide.org>

Lifekeeper Foundation

<http://www.lifekeeper.org>

This foundation was formed in 1995 to promote suicide awareness, education, and prevention through art forms such as Lifekeeper Jewelry, Poetry, and the Lifekeeper National Memory Quilt project.

Link Counseling Center's National Resource Center

http://www.thelink.org/national_resource_center.htm

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.

SiblingSurvivors.com

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

<http://www.siblingsurvivors.com>

Survivors of Suicide Loss, Inc.

<http://www.sossd.org/home.htm>

A non-profit, nonsectarian, self-help support group system for those who have lost a relative or friend through suicide.

Publications and Resources

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

Suicide Prevention Resource Center (SPRC), 2004

<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.

Bibliography of Suicide Bereavement Books

American Association of Suicidology (AAS), 2003

<http://www.suicidology.org/associations/1045/files/Bibliography.pdf>

A bibliography of books helpful to survivors.

SOS - Handbook for Survivors of Suicide

American Association of Suicidology (AAS), 2004

http://www.suicidology.org/associations/1045/files/SOS_handbook.pdf

A pocket-sized, quick-reference booklet to help suicide survivors cope with their grief.

Suicide Survivors: Those left behind

University of Wisconsin- Eau Claire Counseling Services, Date unknown

<http://www.uwec.edu/counsel/pubs/suicidesurvivors.htm>

An article about what suicide survivors may experience after the loss of a loved one and information on how to cope and seek help.

Surviving a Suicide Loss: A Financial Guide

American Foundation for Suicide Prevention (AFSP) & National Endowment for Financial Education (NEFE), 2004

<http://www.afsp.org/survivor/financial/index.html>

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

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.

Survivor (SPRC Customized Information Series)

Suicide Prevention Resource Center (SPRC), 2005

http://www.sprc.org/featured_resources/customized/survivors.asp

A webpage created for survivors that contains information on how to help themselves as well as others who have lost a loved one to suicide.

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), 2005

http://www.sprc.org/library/at_a_glance.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

The Trauma Foundation, Date unknown

<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.

Suicide Awareness Event Resource Kit

Suicide Prevention Resource Center (SPRC), and Suicide Prevention Action Network USA (SPAN USA), 2004

http://www.sprc.org/library/event_kit/index.asp

A resource kit that provides a logistics planning guide, general and state specific materials to help you organize, plan and conduct a successful event to raise awareness about suicide and suicide prevention.

Suicide Prevention Action Network (SPAN) USA, Inc.

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

SPAN USA's goal is to create ways for survivors of suicide to transform their grief into positive action to prevent future tragedies.

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