

Suicide Prevention and Support Line (24/7)

1-800-273-8255 (TALK)

Organizations and Websites for Survivors

The following organizations provide online education, information, and support for people who have survived suicide or lost a loved one to suicide.

Alliance of Hope: <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/>

Phone: 1-800-646-7322 (available 9am-9pm PST)

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: <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/>

Contact: info@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.

This resource sheet includes a variety of specific support options for people who have had a loved one die by suicide.

Please contact Navigation for additional information and resources, including **mental health treatment, support groups for mental health, and caregiver support.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



Survivors of Loved Ones to Suicide: <http://www.solosurvivorsoflovedonestosuicide.com/online-groups.html>

Key Suicide Prevention Organizations with Information for Survivors

American Association of Suicidology (AAS): <http://nspw.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://afsp.org/>

Toll-Free: 1-888-333-AFSP (2377)

Phone: (212) 363-3500

Fax: (212) 363-6237

General Inquiries: info@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.



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

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

HEARTBEAT Survivors after Suicide Support Group Directory:

The link below provides information on Colorado support groups held both within the Denver-Metro area, as well as throughout Colorado.

http://heartbeatsurvivorsaftersuicide.org/20170826_v481/wp-content/uploads/2017/09/HEARTBEAT-CHAPTER-DIRECTORY_sep2017.docx

- Collier Hospice
 - 3210 Lutheran Pkwy Wheat Ridge, CO 80033
 - Contacts: Katie Ford: 720-300-8213; kford1046@gmail.com
 - Brenda Gierczak: 303-667-7864; bgierczak2@aol.com
 - Meetings: First Tuesday of the month from 7-9pm
- Heartlight Center



1485 S. Oakland St Aurora, CO 80012

11150 E. Dartmouth Ave Aurora, CO 80014

- Contacts: Katie Ford: 720-300-8213; kford1046@gmail.com
Brenda Gierczak: 303-667-7864; bgierczak2@aol.com
- Meetings: Last Tues of the month from 7-9pm
- Littleton Adventist Hospital
- 7700 S. Broadway Littleton, CO 80122
- Contacts: Lisa Sjoden: 303-697-6984
Shelley Snyder: 303-378-5028
Carol Stather: 720-328-9229; stat7135@gmail.com
- Meetings: Second Thursday of the month from 7-9pm

American Foundation for Suicide Prevention “Find a Support Group”

<https://afsp.org/find-support/ive-lost-someone/find-a-support-group/>

Toll-Free: 1-888-333-AFSP (2377)

T: (212) 363-3500

F: (212) 363-6237

General Inquiries: info@afsp.org

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.

For Children

Judi's House: Devoted solely to providing research-based care to grieving children and their families.

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

- 1741 Gaylord St., Denver, CO 80206
- Phone: 720-941-0331
- Toll Free: 877-369-8936
- Fax: 720-941-0728

Rainbows: Provides resources designed to guide youth in their grieving process.

<https://rainbows.org/resources>

- Rainbows Headquarters
- 614 Dempster Street, Suite C, Evanston, IL 60202
- Phone: 847-952-1770
- Fax: 847-952-1774

Care Packages for Survivors of Suicide Loss

Suicide Prevention Coalition of Colorado: iCare packages contain resources to help support an individual or family with the loss of a loved one to suicide. iCare Packages were founded from the loving efforts of parents who lost children to suicide. It was important to these parents to let others know they are not alone in their loss and grief.

- SPCC is able to provide one iCare Package per survivor of suicide loss household at no cost.
- Each iCare package includes the following resources to navigate this journey: two books, a journal, a pen, information on ways to connect with other loss survivors and organizations, a handmade gift, and a canvas tote bag.
- **Website:** <https://suicidepreventioncolorado.org/icare-packages/>
- **Email:** info@suicidepreventioncolorado.org
- P.O. Box 17614
- Boulder, CO 80308





The Suicide Survivor's Bill of Rights

I have the right **to be free of guilt.**

I have the right **not to feel responsible for the suicide death.**

I have the right **to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.**

I have the right **to have my questions answered honestly by authorities and family members.**

I have the right **not to be deceived because others feel they can spare me further grief.**

I have the right **to maintain a sense of hopefulness.**

I have the right **to peace and dignity.**

I have the right **to positive feelings about one I lost through suicide, regardless of events prior to or at the time of the untimely death.**

I have the right **to retain my individuality and not be judged because of the suicide death.**

I have the right **to seek counseling and support groups to enable me to explore my feelings honestly to further the acceptance process.**

I have the right **to reach acceptance.**

I have the right **to a new beginning. I have the right to be.**

Written by: By JoAnn C. Mecca

