



# Suicide Survivor Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

**[24/7 Suicide and Crisis Support Line](#) 1-800-273-8255 or dial 9-8-8**  
**Or contact the [Crisis Text Line](#) by texting TALK to 38255**

## **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 connections to [support groups](#), information sheets, [recommended books](#), 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.

### **Colorado Department of Public Health & Environment**

<https://cdphe.colorado.gov/suicide-prevention/after-a-suicide-loss>

- Offers resources for individuals and families affected by a person who died by suicide.

### **Friends for Survival**

<http://www.friendsforsurvival.org/> | Suicide Loss Helpline: 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 the staff and volunteers have been directly impacted by a suicide death.
- The organization runs the Suicide Loss Helpline (1-800-646-7322)
- Offers a variety of peer support services i.e., monthly meetings for grief support and education, monthly newsletter, and resources.

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

Categories:

[Organizations & websites for Survivors](#) – p. 1-2

[Suicide Prevention Organizations](#) – p. 2

[Guides for Survivors](#) – p. 3

[Survivor Support Groups & Programs](#) – p. 3-4

[For Children](#) – p. 4

[Care Packages for Survivors of Suicide Loss](#) – p. 4

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

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## **HEARTBEAT: Survivors After Suicide**

<http://heartbeatsurvivorsaftersuicide.org/>

- Hosts a free *Survivor Support Group* for anyone touched by a suicide loss.
  - Meetings take place on the 1<sup>st</sup> Tuesday and 1<sup>st</sup> Wednesday of every month, from 7pm-9pm.
  - Meetings are currently hosted on Zoom due to COVID-19
- Web site provides resources and a leader's guide on how to start a [local chapter](#) of HEARTBEAT, if one does not exist for you city.

## **Suicide Prevention Organizations with Information for Survivors**

### **American Association of Suicidology (AAS)**

<https://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>
  - The above site 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 organizes the one-day Healing After Suicide conference for suicide loss survivors and those who help them.

### **American Foundation for Suicide Prevention (AFSP)**

<https://afsp.org/get-help>

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

Phone: (212) 363-3500

Fax: (212) 363-6237

General Inquiries: [walks@afsp.org](mailto:walks@afsp.org)

- AFSP provides a wide variety of services related to suicide prevention and coping with suicide.
- Provides 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", which contains information sheets, personal stories, and a directory of support groups for survivors of suicide loss.
  - [Grief Support for Suicide Loss Survivors – SAVE](#)

### **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 many materials for survivors of suicide loss.

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## **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.

### **SOS: A Handbook for Survivors of Suicide**

<https://suicidology.org/resources/suicide-loss-survivors/>

- 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**

[https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwit7NWk4rf6AhXgEDQIH a2IA1YQFnoECAgQAQ&url=https%3A%2F%2Fup2riverside.org%2Fwp-content%2Fuploads%2F2021%2F09%2FAFSP-surviving-a-suicide-loss-financial-guide.pdf&usq=AOvVaw2\\_eMslDa0p9eEI0AIMhQ6E](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwit7NWk4rf6AhXgEDQIH a2IA1YQFnoECAgQAQ&url=https%3A%2F%2Fup2riverside.org%2Fwp-content%2Fuploads%2F2021%2F09%2FAFSP-surviving-a-suicide-loss-financial-guide.pdf&usq=AOvVaw2_eMslDa0p9eEI0AIMhQ6E)

- 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:**

<https://www.heartbeatsurvivorsaftersuicide.org/chapters>

- The above link provides information on local support groups, where you can find monthly meetings hosted in cities across Colorado.

### **Pathways to Purpose and Hope**

<https://friendsforsurvival.org/meetings>

- Find meetings and webinars at the above link.
- Meetings are peer support, not therapy sessions.
- Also includes chapters on communications, finances and fundraising, training, governance, and evaluation, as well as sample forms and handouts.

### **American Foundation for Suicide Prevention “Find a Support Group”**

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

- Use the above link to find local support groups.
- The Alliance of Hope for Suicide Loss Survivors was created by survivors for survivors.
- Provides online healing support and other services for people who are coping with devastating loss to suicide. This online forum is available for loss survivors 24/7.

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### **Preventing Suicide: How to Start a Survivors' Group**

<https://apps.who.int/iris/handle/10665/44801>

- 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 lectures, interactive discussion, and role-playing to prepare participants to create and facilitate a survivor support group.
- Scholarships may be available to cover your registration fee and your travel and/or hotel expenses.
- There is one training course 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.

### **Survivor Voices Training: Sharing the Story of Suicide Loss**

<https://theconnectprogram.org/resources/telling-your-own-story/sharing-the-story-of-suicide-loss/>

- This two-day, in-person training program teaches suicide loss survivors how to speak safely and effectively about their loss—both publicly 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.
- Sharing your story publicly is not required.

### **For Children**

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

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

10125 E. 25<sup>TH</sup> Ave., Aurora, CO 80010

Phone: 720-941-0331 | Toll Free: 877-369-8936 | Fax: 720-941-0728

- Provides grief services, offers training, education, and support to grieving children and families in Metro Denver and beyond.

#### **Rainbows**

<https://rainbows.org/resources>

614 Dempster Street, Suite C, Evanston, IL 60202

Phone: 847-952-1770

- Provides resources designed to guide youth in their grieving process.

### **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 can 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](mailto:info@suicidepreventioncolorado.org)
- **Mailing Address:** P.O. Box 461702 Aurora, CO 80046-1702

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Written by: **By JoAnn C. Mecca**



### *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.**