

SUICIDE LOSS SURVIVOR SUPPORT

WEBSITES

www.taps.org

Tragedy Assistance Program for Survivors, TAPS, is a national nonprofit that provides comfort, care and resources to all those grieving the death of a military loved one. TAPS provides a variety of programs including seminars, retreats, counseling referrals and casework assistance to help navigate benefits and resources.

www.afsp.org

American Foundation for Suicide Prevention is a not for profit voluntary health organization that is dedicated to bringing hope to those affected by suicide. By scientific research, education, advocacy for public policies around mental health and suicide prevention and supporting survivors of suicide loss and those affected by suicide, AFSP has created support groups and community walks to help all those impacted be able to connect and heal with each other.

www.suicidology.org

American Association of Suicidology is a not for profit organization whose mission is to promote the understanding and prevention of suicide but to also support those who have been affected by it. AAS offers the suicide toolkit, an Survivor of Suicide Handbook and 25 suggestions for survivors, are free to download on their website.

www.griefshare.org

GriefShare offers friendly and caring support groups that are led by facilitators who have also experienced loss. The groups give survivors a chance to connect, support and encourage each other on your healing journey. They also offer daily emails of encouragement that you can sign up to receive.

www.compassionatefriends.org

The Compassionate Friends organization specifically supports families after a child dies. Their mission is to provide personal comfort, hope and support to every family experiencing the death of a son or daughter, brother or sister, or a grandchild. They offer bereavement packets, online community support and local chapters that hold in person meetings.

www.tuesdayschildren.org

Tuesday's Children provides a lifetime of healing for families of fallen soldiers and others who have been impacted by loss due to terrorism, military conflict or mass violence. They support everyone in the family unit and provide counseling and support, youth mentorship and family engagement, career guidance, or connecting you with local community support.

www.dougy.org

The Dougy Center (The National Grief Center for Children and Families) focuses on providing grief support for children, teens and young adults and their families. They created the world's first peer grief support program for children and have created a safe environment for children and families to come together and share openly about their grief. You can find books, resources and groups that meet in your local community.

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BOOK RECOMMENDATIONS

Why People Die by Suicide by Thomas Joiner

Touched by Suicide: Hope and Healing After Loss by Carla Fine and Michael F. Myers

Finding Peace Without Finding All of the Pieces by LaRita Archibald

Supporting Children After a Suicide Loss by Sarah S Montgomery, LCSW-C and Susan M. Coale, LCSW-C

From Grief to Growth an ebook by Taps.org – taps.org/suicide/2021/guidebook

CRISIS HOTLINES/HELPLINES

1-800-959-8277

Tragedy Assistance Program for Survivors Helpline. 365 days/year, 24/7 support for anyone grieving the loss of a military loved one.

1-800-273-TALK (8255)

National Suicide Prevention Lifeline, 365 days/year, 24/7 support when someone is thinking about suicide.

Text 741-741

National Suicide Prevention Text line, 365 days/year, 24/7 support when someone is thinking about suicide and would prefer to text.



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