

Resource Guide for Suicide Loss Survivors

Florida and National Resources

Suicide takes the lives of about 47,000 Americans each year. Every one of these deaths reverberates through families, workplaces, schools and universities, religious organizations, and other social networks. Those left behind after the suicide of a family member, friend, or colleague are referred to as “loss survivors.” Navigating the loss of a loved one by suicide can be a struggle, but you are not alone in this. Other loss survivors share your experience and have contributed to creating resources to help you cope and move forward in your life.

988 SUICIDE & CRISIS
LIFELINE

Contents (click to jump to page)

- **Hotlines**
- **Support Groups (in person and online)**
- **Support Organizations**
- **Resource Guides for Survivors**
- **Organizations and Websites for Survivors and Advocacy**
- **Suicide Prevention Organizations with Information for Survivors**
- **Resources for Survivor Support Groups and Programs**
- **Suicide Prevention and Postvention Resources**



Hotlines

Crisis Text Line

Text "HOME" to 741-741

National Suicide Prevention Lifeline

988

National Hopeline Network (Suicide and Crisis Hotline)

1-800-422-HOPE(4673)

The Trevor Project Lifeline (LGBTQ+ Youth Support Line)

1-866-488-7386

Text "START" to 678-678

Veterans Crisis Line

988 then press 1

Text 838255

Florida Directory of 24/7 Mobile Response Teams

<https://www.myflfamilies.com/sites/default/files/2022-11/MRT.pdf>

Support Groups

(in person and online)

Loss survivor support groups give individuals a safe environment to listen, grieve, and share experiences with others in similar situations. Most suicide loss survivor support groups are facilitated by a fellow loss survivor. For some, 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 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

<https://suicidology.org/resources/support-groups/>

A listing of support groups by state, also includes support groups in Canada.

American Foundation for Suicide Prevention (AFSP) Directory of Support Groups

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

A search tool to find support groups by state.

Parents of Suicide

<http://www.parentsofsuicide.com/parents.html>

A mailing list that provides a supportive environment for parents whose children have died by 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.

Support Organizations

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

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 nonprofit organization that provides peer support services to comfort those in grief, encourages healing and growth, fosters the development of skills to cope with a loss, and educates the community about the impact of suicide. Staff and volunteers have been directly impacted by a suicide death.

Heartbeat: Grief Support Following Suicide

<http://www.heartbeaturvivorsaftersuicide.org>

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

Link Counseling Center's National Resource Center

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

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.

Sibling Survivors

<http://www.siblingsurvivors.com>

This website provides online resources for sibling suicide survivors.

Support Organizations

Pensacola Survivors, Inc.

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

A nonprofit organization in the Panhandle of Florida that provides support and resources to suicide attempt survivors, individuals with mental health concerns, and community members who have lost someone to suicide. Pensacola Survivors serves community members in Escambia and Santa Rosa counties.

Compassionate Friends

<http://www.compassionatefriends.com>

A national nonprofit organization that assists families toward the positive resolution of grief following the death of a child of any age. There is also information provided to help others be supportive of loss survivors.

Resource Guides for Survivors

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

<https://www.crisissupport.org/wp-content/uploads/2015/03/aftersuicide.pdf>

This booklet helps community and faith leaders plan memorial observances and provide support to survivors.

SOS: A Handbook for Survivors of Suicide

https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

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

Surviving a Suicide Loss: A Financial Guide

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

<https://up2riverside.org/wp-content/uploads/2021/09/AFSP-surviving-a-suicide-loss-financial-guide.pdf>

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

Organizations and Websites for Survivors and Advocacy

At-a-Glance: Safe Reporting on Suicide

Suicide Prevention Resource Center (SPRC), 2007

<https://health.cornell.edu/sites/health/files/docs/Safe-reporting-on-suicide.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

<http://www.traumaf.org/images/IPNweb.pdf>

Personal stories of survivor advocacy for injury prevention are included as well as information on how to become a suicide prevention advocate.

American Foundation for Suicide Prevention

<https://afsp.org/our-work/advocacy/>

AFSP works to create ways for survivors of suicide to transform their grief into positive action to prevent future tragedies. This resource list and other publications for survivors are available in the SPRC Online Library at <http://library.sprc.org>.

Alliance of Hope for Suicide Survivors

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

This website provides information sheets about suicide loss and hosts a blog and 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.

Parents of Suicides and Friends & Families of Suicides (POS-FFOS)

<http://www.pos-ffos.com/>

This website hosts a public message board called Suicide Grief Support Forum, a listserv for parents, a separate listserv for others, and an online chat room for an international community of survivors of suicide loss.

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 client and/or family member to suicide. AAS, in collaboration with AFSP (below), organizes the one-day Healing After Suicide conference to provide survivors with educational tools and resources to help cope with their personal grief; assists mental health providers and other caregivers in understanding the needs of survivors; and provides assistance to leaders of existing support groups and participants who want to establish new support groups.

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” (<https://afsp.org/live-lost-someone>), 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 through which volunteer survivors listen, show support, and provide information about local resources to newly bereaved survivors. 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 “Coping with Loss” (<https://save.org/find-help/coping-with-loss/>), which contains information sheets, personal stories, a directory of support groups for survivors of suicide loss, and an extensive resources list.

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 <https://sprc.org/online-library/>. Select Survivors of Suicide Loss under Populations on the left-hand side and click "Apply" underneath the filters.

Resources for Survivor Support Groups and Programs

HEARTBEAT: Grief Support Following Suicide

<http://heartbeatsurvivorsaftersuicide.org/>

This organization has local support group chapters for survivors of suicide loss in Colorado and other states. The website provides information sheets for survivors and a leader's guide on how to start a new support group for survivors of suicide loss chapter of HEARTBEAT.

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.

Support Group Facilitation Training

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

AFSP sells a 95-page guide to effective support group facilitation titled Facilitating Suicide Bereavement Support Groups: A Self-Study Manual, along with a 90-minute companion DVD. AFSP also offers a two-day training program that uses lecture, interactive discussion, and role-playing to prepare participants to create and facilitate a survivor support group. The training is offered throughout the year across the United States.

The Basics: Facilitating a Suicide Survivors Support Group

https://www.mirecc.va.gov/visn19/postvention/docs/Support_Group_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.

Suicide Prevention and Postvention Resources

General Support:

Coping With Grieving and Loss

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm/#content>

The Grief Toolbox

<http://thegriefftoolbox.com/>

Life after Loss: Dealing with Grief

<https://cmhc.utexas.edu/griefloss.html>

Grieving

<http://forums.grieving.com/>

Major Depression and Complicated Grief

<https://www.cancer.org/treatment/end-of-life-care/grief-and-loss/depression-and-complicated-grief.html>

Support for Children:

National Alliance for Grieving Children

<http://childrengrieve.org/>

The Dougy Center

<https://www.dougy.org/grief-resources/>

Comfort Zone Camp

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

Death and Grief

<http://kidshealth.org/en/teens/someone-died.html>

The Trevor Project

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

Support for Widows and Widowers:

National Widowers Organization

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

Widow Net

<http://widownet.org/>

Support for Parents:

Candlelighters Childhood Cancer Foundation

<https://candle.org/family-services>

CJ First Candle

<http://cjfirstcandle.org/>

Parent Grief Support Directory

<http://www.live-evermore.org/parent-grief-support-directory>

MISS Foundation

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

The TEARS Foundation

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

Suicide Prevention and Postvention Resources

Support for Military Families:

American Gold Star Mothers

<http://www.goldstarmoms.com/>

Gold Star Wives

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

Tragedy Assistance Programs for Survivors

<http://www.taps.org/survivors/>

US Department of Veteran Affairs

https://www.vetcenter.va.gov/Bereavement_Counseling.asp

Help Those Who Are Grieving:

How to Support The Bereaved

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/grief-how-to-support-the-bereaved>

How to Help Someone Who is Grieving

<http://www.journeyofhearts.org/grief/help.html>

Helping Grieving Parents

<http://americanhospice.org/working-through-grief/helping-a-grieving-parent/>

When an Employee or Coworker is Grieving the Death of A Child

<https://www.compassionatefriends.org/find-support/employees-coworkers/>

Helping Your Child Deal With Death

<http://www.kidshealth.org/parent/emotions/feelings/death.html>

Guidelines for Parents to Help Their Grieving Children Through Death

<http://americanhospice.org/grieving-children/165-2/>

The Grieving Teen

<http://americanhospice.org/grieving-children/someone-you-love-has-died-a-book-for-grieving-children/>

Acknowledgements



FL LEADS Zero Suicide Project
<https://floridaleadsproject.com/>



UNIVERSITY OF CENTRAL FLORIDA

University of Central Florida School of Social Work
<https://healthprofessions.ucf.edu/socialwork/>



Pensacola State College
<https://www.pensacolastate.edu/PiratesCare/>



EscaRosa Suicide Prevention Coalition
<https://www.suicidepreventionescarosa.org/>



Statewide Office of Suicide Prevention
<https://www.myflfamilies.com/suicideprevention>



Broward LOSS Team
<https://mhasefl.org/florida-initiative-for-suicide-prevention/#Loss>

Lived Experience Contributors:

Mike Flounlacker, in honor of his son, Christopher York Flounlacker
Sabina & Louis Zunguze, in honor of their beautiful daughter Tatissa L. Zunguze
Bryan Mingle, in honor of Donald Ray Mingle
Cheri Hofmann, in honor of her son, Brian "Kenny" Hofmann
Ava Thompson, in honor of her daughter, Judith
And other anonymous contributors, in honor of their loved ones

Adapted from Pirates CARE Loss Survivor Combined Resources guide, developed by Pensacola State College (2019)
<https://www.pensacolastate.edu/PiratesCare/>