Survivors of Suicide Resources
For those who have lost a loved one.

Unfinished Conversation Website
www.unfinishedconversation.com

- Resources and links for survivors.
- Printable versions of the Unfinished Conversation Survivor’s Tool Kit and other articles and self-care handouts to support your grief and healing journey.
- Healing Forum: communicate with others on your journey to healing:
  1. Discussion Forum: Explore your own unfinished conversation with other survivors.
  2. Find a Journey Buddy: Connect with a fellow survivor to read Unfinished Conversation together and share your journey through grief and healing. Journey Buddies are matched by similarities of loss, age, and/or zip code. Journey Buddy Guidelines are provided.
  3. Join a Grief and Healing Journey Group: You can join or form a local or on-line group to read Unfinished Conversation and respond to the exercises together. Groups are matched by similarities of loss, age, and/or zip code. Journey Group Guidelines are provided.

American Association of Suicidology
www.suicidology.org

- Suicide Survivor support group directory by state
- Warning signs and risk factors for suicide
- Statistics and fact sheets
- Annotated list of books for Survivors on topics including suicide bereavement and prevention
- Resources for clinicians and for clinicians who have lost a patient or family member
- Resources for those who have attempted suicide and for their families

Survivors of Suicide (SOS)
www.survivorsofsuicide.com

- Understanding suicide
- Beyond surviving
- How to help survivors heal
- Suicide - FAQ
- National directory of SOS support groups
- SOS Poetry For The Heart
- SOS memorials with photos
- Resource links
**Survivors of Suicide Resources**

**Friends and Families of Suicide**
**Parents of Suicide**
www.pos-ffos.com

Support group and memorial space for parents, friends, and families who have lost someone to suicide.

**Heartbeat**
www.heartbeatsurvivorsaftersuicide.org

Peer support offering empathy, encouragement, and direction following the suicide of a loved one.

**The Dougy Center**

The National Center for Grieving Children & Families
www.dougy.org

Support for children, teens, young adults, and their families grieving a death.

**Compassionate Friends**
www.compassionatefriends.org

Support for families after a child dies.

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**Suicide Prevention and Resources**

**National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org

1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis, emotional distress, or for Survivors who need someone to talk with who understands your circumstances. Your call will be routed to the nearest crisis center to you.

**Veterans** please call 1-800-273-8255 and press 1 to be routed to the Veterans Suicide Prevention Hotline.

- What if someone I know needs help?
- Suicide warning signs
- Peer support organizations
- Veterans support services
- Crisis centers: locator by state

**National Center for PTSD**
United States Department of Veterans Affairs
Department of Defense
www ptsd va gov
Survivors of Suicide Resources

- Suicide prevention
- PTSD resources
- Veterans resources and services

DoD/VA Suicide Outreach
Department of Defense/Veterans Administration
www.suicideoutreach.org

- Outreach Center 24/7 and chat on-line 24/7
- Warning signs and self assessments
- Resources for Veterans

Suicide Wall
www.suicidewall.com

Dedicated to memorializing veterans who have taken their own lives.

American Foundation for Suicide Prevention
www.afsp.org

SAVE: Suicide Awareness Voices of Education
www.save.org

Readings to Support Your Grief and Healing Journey


*The American Association of Suicidology website [www.suicidology.org](http://www.suicidology.org) offers an excellent annotated list of books. The Unfinished Conversation website [wwwunfinishedconversation.com](http://www.unfinishedconversation.com) has a list of additional books and inspirational readings.*
Books for Health Professionals

If you are a therapist, crisis counselor, or health professional who works with Survivors in the aftermath of suicide, you may find the following books helpful:


Schupp, Linda. *Assessing and Treating Trauma and PTSD*. Eau Claire, WI: Pesi Healthcare, LLC,