



ONLINE RESOURCES FOR SURVIVORS OF SUICIDE LOSS & OTHER TRAUMATIC DEATH 2024

WEBSITES & SPECIFIC WEBSITE MATERIALS

[988 Suicide & Crisis Lifeline](#). This website provides some resources for those who are grieving as well as those who are supporting those bereaved by suicide. Also, mental health information and guidance for many populations in regard to suicide.

[Alliance of Hope for Suicide Loss Survivors](#). Many resources and materials, a blog, articles, and tips for new survivors.

["Help and hope for survivors of suicide loss"](#) downloadable booklet.

["Supporting Children and Teens After A Suicide Death"](#) webpage with various resources and materials.

[Community Forum](#) for adults. *"The Alliance of Hope free online forum transcends time and distance, offering a culture of kindness, hope, and understanding to people who have lost loved ones to suicide. Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors. Our forum hosts more than 23,000 members. We are a diverse community, linked by our humanity and our shared experience of what it means to lose a loved one to suicide."*

[Phone and Zoom Video consultations](#) for new survivors of suicide loss. **Fee** for service.

[American Association for Suicidology](#). (AAS) The AAS promotes the understanding and prevention of suicide and supports those who have been affected by it.

[Living With Grief for Suicide Loss Survivors](#). Blog.

[American Foundation for Suicide Prevention](#). (AFSP)

["Children, Teens, and Suicide Loss"](#) downloadable booklet.

["Surviving a Suicide Loss: Resource and Healing Guide"](#) downloadable booklet.

[Practical Information for Immediately After a Loss](#). Webpage to help guide a new survivor through the happenings of the first few days after a death.

[Living with Suicide Loss](#) videos

[Healing Conversations](#). *"Healing Conversations is a 1-time visit (phone, virtual, in-person) that connects those who have lost a loved one to suicide with trained volunteers who are also survivors of suicide loss. The goal of this connection is to help recent survivors navigate this challenging journey by offering support, connection and resources."*



[The Center for Grieving Children](#) The Center is based in Portland, Maine. Multiple resources (activities, articles, webinars, support groups, and 1:1 grief support telephone calls) for survivors and those who are supporting them.

“[Grief and the Holidays](#)” Center for Grieving Children. Suggestions and activities to help cope with grief during the holidays. <https://www.cgcmaine.org/2019/07/16/grief-and-the-holidays/>

“[Responding to Change and Loss: In support of Children, Teens, and Families](#)” National Alliance for Children’s Grief.

“[What to Tell Children About Suicide](#)” Center for Grieving Children.

[Coping after Suicide Loss](#) Website that offers multiple online support groups. **Fee** for service.

[The Dougy Center](#) This website has many resources for griever of all ages, caregivers, and providers including downloadable toolkits and other materials, podcasts, videos, articles, activities, and training opportunities.

“[Supporting Children and Teens after a Suicide Death](#)” Downloadable document about supporting children and teens.

[Friends For Survival](#) A useful website for survivors of suicide loss. This website offers a monthly newsletter, a blog, downloadable handouts, and information and resources about children’s grief as well as online support groups for survivors of suicide loss.

“[Beyond Surviving: Suggestions for Survivors](#)” handout.

[Frontline Crisis Response Solutions](#). (FCRS). Based out of Texas, this website offers online support groups as well as great articles through their Blog.

[Blog](#). Here, contributors “share stories of triumph over tragedy, wisdom born from pain, and the tools that empower individuals to not only endure but thrive in the face of adversity. ... [The Blog is] a place to find inspiration, practical guidance, and a reminder that, in our collective journey, we are never truly alone.”

[Grief Talks: Caring Place Webinars](#). "GRIEF TALKS" is a series of educational webinars hosted by Caring Place staff members — experts with many years of experience working with grieving children, teens, and families. These seminars focus on a wide range of topics around grief and support, including suicide loss.

[NAMI Maine](#) The [After Suicide or Traumatic Loss](#) webpage, which is part of the Suicide Prevention program, has several downloadable materials for survivors of suicide loss. This page



will be updated and expanded throughout 2024, so look periodically to see what is new for survivors of suicide, those who care for them, professionals, and more.

[National Child Traumatic Stress Network](#). This website offers information and resources pertaining to traumatic grief in children. Resources are targeted to various providers and individuals (parents, children, mental health clinicians, schools, media, etc.)

[National Alliance for Children's Grief](#) (NACG). This website is offered in multiple languages and has many resources for those who are bereaved and/or caring for the bereaved including podcasts, webinars, articles, a "[family portal](#)", and a [resource library](#).

["Supporting Children Who Are Grieving a Death by Suicide"](#). downloadable booklet.

[National Alliance on Mental Illness](#) The NAMI website has various resources about suicide loss, including videos and blogs.

["Surviving Suicide Loss And Weathering Stigma"](#) A blog written by Jamie Saltoon about the stigma and shame she faced by her neighbors after the suicide of her son.

[Suicide Awareness Voices of Education](#) (SAVE) This website offers survivors' [stories of hope](#) along with several 1-page resources for those who are bereaved or are helping someone who is bereaved by suicide.

[Support After Suicide](#). This website is based out of the UK and offers useful information to both survivors and those who are helping survivors of suicide loss.

[Tragedy Assistance Program for Survivors of Suicide Loss](#) (TAPS). This website addresses suicide grief specific to members of the military and their friends and families. It offers many resources including videos, online workshops and webinars, downloadable materials, and online support groups.

["From Grief to Growth: Healing After a Suicide Loss"](#) guide for survivors of suicide loss.

[Uniting for Suicide Postvention](#) (UFSP). UFSP, a program of the US Department of Veterans Affairs, offers suicide loss resources such as podcasts, videos, training, and articles for the [community](#), for [providers](#), and for the [workplace](#).

[What's Your Grief](#) website. "Grief support for the rest of us. You don't have to grieve alone. What's Your Grief? is a place for grief articles, courses, creativity, sharing, community & more."



OTHER ONLINE PUBLISHED RESOURCES

[Surviving a Suicide Loss: A Financial Guide](#). American Foundation for Suicide Prevention, 2004.

[Toolkit for People Who Have Been Impacted by a Suicide Loss](#). Mental Health Commission of Canada, 2018.

FILMS, PODCASTS, INTERVIEWS

“[Deconstructing 'Myths About Suicide'](#)” A 30-minute podcast interview with Thomas Joiner, PhD, whose father died by suicide. He is also the author *Why People Die by Suicide* (2006) and *Myths about Suicide* (2011).

“[Grieving a Suicide Death](#)” A podcast of grieving a death by suicide by the two mental health professions who created the What’s Your Grief? website.

“[Life after Suicide](#)” A series of 48-minute podcasts with Jennifer Ashton discussing suicide loss.

“[The Journey](#)” (American Foundation for Suicide Prevention). This is a 30-minute film of the bereaved sharing their stories and how they coped.