

- **Crisis Line**
- National Suicide Prevention Lifeline — bit.ly/suicidelifeline — 1-800-273-TALK (8255)
- SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline — 1-800-662-HELP (4357)

Grief in General

- Coping with Grief and Loss: Understanding the Grieving Process — bit.ly/grievingprocess — Concise and comprehensive webpage from HelpGuide
- The Grief Toolbox — bit.ly/toolsgrief — Online grief community, articles, and products
- LifeCare Guide to Grief and Bereavement — bit.ly/lifecaregrief — Booklet with complete summary of the topic
- Open to Hope — bit.ly/hopeopen — Website offering grief articles and interviews
- Understanding Grief — bit.ly/undergrief — 25-minute video, from the Hospice Foundation

Suicide Grief Websites

- Alliance of Hope for Suicide Loss Survivors — bit.ly/hopeall — Internet community focused on 24/7 peer assistance for the suicide bereaved
- American Association of Suicidology (AAS) — bit.ly/survivors-aas — Section of AAS website for survivors of suicide loss
- American Foundation for Suicide Prevention (AFSP) — bit.ly/afsp-sosl — Section of AFSP website for survivors of suicide loss
- Friends for Survival — bit.ly/friendsurvive — Publisher of national newsletter for suicide bereaved, “Comforting Friends”
- Suicide Awareness Voices of Education (SAVE) — bit.ly/savecope — Section of SAVE website for survivors of suicide loss
- Suicide: Finding Hope — bit.ly/hopefind — Features a coping with loss section
- Suicide Prevention Resource Center (SPRC) Library — bit.ly/survivorlibrary — Resource listings for the suicide bereaved, from SPRC

Suicide Grief Materials

Booklets

- Coping with the Loss of a Friend or Loved One — bit.ly/copeloss — Booklet for the suicide bereaved, from SAVE
- Hope and Healing after Suicide — bit.ly/hopeandheal — Comprehensive overview of suicide bereavement, from the Ontario Centre for Addiction and Mental Health

SOS: A Handbook for Survivors of Suicide — bit.ly/sosaas — Booklet for the suicide bereaved, from AAS

- - Surviving a Suicide Loss: Resource & Healing Guide — bit.ly/surviveloss — Booklet for the suicide bereaved, from AFSP
- Surviving a Suicide Loss: A Financial Guide — bit.ly/lossfinance — Comprehensive, authoritative financial information, from AFSP

Handouts

- After a Suicide: Coping with Grief — bit.ly/griefcard — Wallet card, from SAVE
- Beyond Surviving — bit.ly/beyondsurviving — Tips for the suicide bereaved, by Iris Bolton Surviving Your Child's
- Suicide — bit.ly/childsuicide — Brochure for suicide-bereaved parents, from The Compassionate Friends
- Trauma Intervention Programs (TIP) — bit.ly/tiptrauma — Four handouts for suicide loss survivors plus more for trauma care, from the resource page of TIP International

Online Assistance

Discussion Forums

- Alliance of Hope - Community Forum — bit.ly/forumaoh — Forum for the suicide bereaved, moderated by trained peer helpers
- Parents of Suicides/Friends & Families of Suicides — bit.ly/forumposffos — Two forums, one for parents bereaved by suicide and one for bereaved family and friends
- PTSD Forum — bit.ly/forumptsd — Discussion forum on coping with posttraumatic stress

Listservs

- GriefNet - Grief/Suicide — bit.ly/griefnet-suicide — Listserv for the suicide bereaved
- Parents of Suicides/Friends & Families of Suicides — bit.ly/listposffos — One listserv for parents and one for others bereaved by suicide

Chat Rooms

- The Compassionate Friends - Survivors of Suicide — bit.ly/tcf-chat — Chat room for parents bereaved by suicide
- Parents of Suicides/Friends & Families of Suicides — bit.ly/posffos-chat — One chat room for parents and one for others bereaved by suicide
- Tragedy Assistance Program for Survivors (TAPS) — bit.ly/tapsevents — Chat room for military, veterans, and family members bereaved by suicide
- Veterans Crisis Line Chat — bit.ly/vetcrisischat — Chat room for active duty military, veterans, and family members on all topics, including grief

Blogs

- Alliance of Hope Blog — bit.ly/hope-blog — Topics include coping with suicide bereavement, guidance from peer helpers, and sharing from the Community Forum (bit.ly/forumaoh)
- Grief after Suicide Blog — bit.ly/suicidegriefblog — Covers topics of interest to the suicide bereaved and caregivers, by a survivor of suicide loss, from Personal Grief Coaching
- Promoting Hope, Preventing Suicide — bit.ly/promoteprevent — Suicide prevention and grief blog, by a survivor of suicide loss, from Psychology Today

Suicide Bereavement Support Groups

- **Handbooks/Guidelines**

- Guiding Principles for Suicide Bereavement Support Groups — bit.ly/sbsgaas — Concise outline of principles for peer-led support groups, from an AAS work group
- Heartbeat — bit.ly/heartsurvive — Website of Heartbeat suicide grief support groups How to Start
- a Survivors' Group — bit.ly/handbooksbsg — Basic handbook on all aspects of suicide bereavement support groups, from the World Health Organization
- Pathways to Purpose and Hope — bit.ly/pathhope — Comprehensive manual for communitybased support for the suicide bereaved, from Friends for Survival
- Practice Handbook: Suicide Bereavement Support Group Facilitation — bit.ly/sbsg-handbook — Thorough handbook for conducting peer-led suicide bereavement support groups, from Lifeline Australia; applies principles from Towards Good Practice: Standards and Guidelines for Suicide Bereavement Support Groups (bit.ly/sbsg-guidelines)
- Recommended Guiding Principles for Effective Suicide Bereavement Support Groups — bit.ly/sbsgaas — Checklist-style outline of essential characteristics for peer-led mutual-help support groups for loss survivors, from an AAS work group
- Support Group Facilitation Self-Study Guide — bit.ly/selfguide — Manual based on the AFSP Support Group Facilitator Training

Training

- Support Group Facilitator Training — bit.ly/afsp-facilitators — Two-day training, one version for adult groups and one for child or teen groups, from AFSP

Group Directories

- Suicide Bereavement Support Group Directories — Maintained by AAS (bit.ly/aasdirect), AFSP (bit.ly/afspdirect), and SAVE (bit.ly/savedirect)

Bereaved Children

The next set of resources is about children and grief in general. (See later, Books on Grief after Suicide, for examples of books for children and their caregivers about suicide bereavement.)

- A Child in Grief — bit.ly/achildingrief — Comprehensive website, from New York Life Foundation Dougy
- Center — bit.ly/dougygrief — Resource page of the Dougy Center website
- When a Brother or Sister Dies — bit.ly/siblingdies — Brochure for those who have experienced the death of a sibling by any means, from The Compassionate Friends
- When Families Grieve — bit.ly/familiesgrief — Lots of resources in various formats for bereaved families and children, from Sesame Street (access downloads at bit.ly/kidsgriefresources)

Children's Caregivers

Grief after Suicide

- After a Suicide Death: Ten Tips for Helping Children & Teens — bit.ly/tipshelping — Brochure, from the Dougy Center
- Child Survivors of Suicide: A Guidebook — bit.ly/childsurvive — Comprehensive guidance on helping children bereaved by suicide, by Rebecca Parkin and Karen Dunne-Maxim (Spanish version: bit.ly/childsurvive-sp)

- Helping Children Cope — bit.ly/helpcope — Concise overview of helping suicide bereaved children, including activities, from a presentation at a VA medical center
 - “Talking to Your Child about Suicide” — bit.ly/childabout — Brief article, from the NAMI New Hampshire loss survivor packet
- Understanding Suicide, Supporting Children — bit.ly/kidsupport — In-depth video on the point of view and needs of children bereaved by suicide, from the Dougy Center
- When a Child’s Friend Dies by Suicide — bit.ly/childfrienddies — Tips for parents and caregivers, from Society for the Prevention of Teen Suicide

Trauma and Grief in General

- National Alliance for Grieving Children — bit.ly/childalliance — Resource page of the website National Child
- Traumatic Stress Network — bit.ly/childgrieftrauma — Links and information about children affected by trauma
- NCTSN Caregiver Quick Tips — bit.ly/nctsnstips — Brief, authoritative handouts for helping young children, school-age children, and teens
- NCTSN Advice for Educators — bit.ly/adviceeducators — Handout to help educators in the aftermath of trauma affecting school populations

Specific Groups or Perspectives

Relationships

- The Compassionate Friends — bit.ly/compassionfriends — Links to local chapters nationwide that help people cope with the death by any means of a child, sibling, or grandchild
- Sibling Survivors of Suicide Loss — bit.ly/sibsurvive — Website focused on the needs of siblings bereaved by suicide

LGBT Youth

- The Trevor Project — bit.ly/trevproject — Crisis services by phone, text, or chat

Clinicians and Peer Helpers

- Clinicians as Survivors: After a Suicide Loss — bit.ly/cliniciansurvivors — Comprehensive website for caregivers who have lost a client to suicide
- Connect SurvivorVoices Training: Sharing the Story of Suicide Loss — bit.ly/survivorvoices — Training for loss survivors who want to do public speaking, from NAMI New Hampshire

- **Military & Families**

- Make the Connection: Death of Family or Friends — bit.ly/vetgriefconnection — Resources and peer videos for bereaved active duty military and veterans, from the Department of Defense •
 Make the Connection: Family Resources — bit.ly/vetfamilyfriends — Resources and peer videos for family members, from the Department of Defense
- Military One Source, Casualty Assistance Program — bit.ly/dodcasualty — Department of Defense program responsible for aiding the bereaved
- Tragedy Assistance Program for Survivors (TAPS) — bit.ly/tragedyassist — Website of private organization assisting the bereaved from military and veteran deaths, including suicide
- Veterans Crisis Line — bit.ly/vetscrisis — Crisis line (800-273-8255, press 1), chat (bit.ly/vetcrisischat), and text (838255) services for active duty military, veterans, family, and friends

Communities and Workplaces

Community/School Postvention

- After a Suicide: A Toolkit for Schools — bit.ly/schooltoolkit — Handbook designed to help prepare for and respond to school suicide, from AFSP and SPRC
- Connect Postvention Training — bit.ly/connect-postvention — Community-based training for comprehensive, systemic response to suicide, from NAMI New Hampshire
- Lifelines Postvention: Responding to Suicide — bit.ly/lifelinepost — Comprehensive approach for schools to respond to any traumatic death, from Hazelden Publishing
- Maine Youth Suicide Prevention, Intervention, Postvention — bit.ly/maine-postvention — Indepth handbook on all aspects of suicide, developed for statewide implementation in schools •
 Riverside Trauma Center Postvention Protocols — bit.ly/riverside-postvention — Guidelines applicable to schools, workplaces, and communities

Workplaces

- Breaking the Silence in the Workplace — bit.ly/silencework — Thorough guide for employers in the event of an employee or work site suicide, from Console and the Irish Hospice Foundation
- Manager's Guide to Suicide Postvention in the Workplace — bit.ly/manageguide — Handbook organized around 10 action steps to take after a suicide, from the Carson J Spencer Foundation

Helping Others

Immediate Aftermath

- After a Suicide: Religious Services, Memorial Observances — bit.ly/suicideservices — Overview of considerations in memorializing a person who has died by suicide, from SPRC
- Casualty and Death Notification — bit.ly/notedeath — Protocols for death notification, from the National Center for PTSD

- • Help at Hand: A Guide for Funeral Directors — bit.ly/guidefuneral — Booklet on suicide bereavement issues for funeral professionals, from the Substance Abuse and Mental Health Services Administration (SAMHSA)

Media and Messaging

- Recommendations for Reporting on Suicide — bit.ly/suicidereport — Information about the link between media coverage of suicide and suggestions for covering the topic safely
- Safe and Effective Messaging for Suicide Prevention — bit.ly/safemessage — Guidelines for creating public messages about suicide, and a list of do's and don'ts, from SPRC

Principles, Theory, Guidance

- Grief After Suicide: Understanding the Consequences and Caring for the Survivors — bit.ly/griefjordan — Seminal book on suicide bereavement care and counseling, edited by John Jordan and John McIntosh
- Psychological First Aid Field Operations Guide — bit.ly/psychfirstaid — Practical handbook on an evidence-based approach for responding to tragedy, from National Child Traumatic Stress Network and National Center for PTSD
- Tripartite Model of Suicide Bereavement — bit.ly/tripartitemodel — Article on an overarching theory of suicide bereavement, by Diana Sands
- After a Suicide: A Postvention Primer for Providers — bit.ly/primerprovider — Article covering all aspects of the immediate needs of people bereaved by suicide, from Montgomery County (PA) Emergency Service

First Responders

- Guide for Early Responders Supporting Survivors Bereaved by Suicide — bit.ly/earlyrespond — Overview of issues and helpful approaches, from Winnipeg Suicide Prevention Network
- LOSS Teams (Active Postvention Model) — bit.ly/lossteams — Website covering LOSS background and training information, from Frank Campbell & Associates
- Supporting People Bereaved by Suicide: A Good Practice Guide — bit.ly/practicegood — Comprehensive handbook on responding to the scene of a suicide, from NHS Health Scotland