



Survivors of Suicide Loss



When someone dies by suicide, research shows that at least 6 people are intimately traumatized by the death. Those who are directly affected include immediate family members, relatives, neighbors, friends, fellow students and/or co-workers. (*Psychology Today*)

The loss of a loved one by suicide is often shocking, painful and unexpected. The grief that ensues can be intense, complex and long term. Grief and bereavement are an extremely individual and unique process, and there is no given duration to being bereaved by suicide. Survivors of suicide are not looking for their lives to return to their prior state because things can never go back to how they were. Survivors aim to adjust to life without their loved one.

(*American Association of Suicidology*)

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RESOURCES

NATIONAL SUICIDE PREVENTION HOTLINE

[Loss Survivors](#)

TAPS

[Suicide Loss Support
Survivor Care Team](#)

HARVARD HEALTH

[Suicide survivors face grief, questions, challenges](#)

AMERICAN ASSOCIATION OF SUICIDOLOGY

[Suicide Loss Survivors](#)

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

[I've Lost Someone](#)

ALLIANCE OF HOPE FOR SUICIDE SURVIVORS

allianceofhope.org

FRIENDS FOR SURVIVAL

friendsforsurvival.org

HEARTBEAT: GRIEF SUPPORT FOLLOWING SUICIDE

heartbeatsurvivorsaftersuicide.org

PERSONALGRIEFCOACH.NET

[After a Suicide Resource Directory: Coping with Grief, Trauma,
and Distress](#)

SAVE

[Suicide: Coping with the Loss of a Friend or Loved One](#)

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