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)
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