Survivors of Suicide Resources

Unfinished Conversation Website
www.unfinishedconversation.com

- Resources and links for survivors.
- Printable versions of the Unfinished Conversation Survivor’s Tool Kit and other 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. 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. See the Journey Buddy Guidelines.
  3. Grief and Healing Journey Groups: Join or form a local or on-line group to read Unfinished Conversation together and be supported with the interactive exercises. Groups are matched by similarities of loss, age, and/or zip code. See the Journey Group Guidelines.

American Association of Suicidology
www.suicidology.org

Resources to help understand and prevent suicide:
- 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

Resources for those who have lost a loved one to suicide:
- Understanding suicide
- Beyond surviving

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• How to help survivors heal
• Suicide - FAQ
• National directory of SOS support groups
• SOS Poetry For The Heart
• SOS memorials with photos
• Resource links

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.

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

- 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

**American Foundation for Suicide Prevention**
www.afsp.org

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

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**Readings to Support Your Grief and Healing Journey**


*Please visit the American Association of Suicidology website www.suicidology.org for an excellent annotated bibliography to support your suicide bereavement.*

*For additional books and inspirational readings for Unfinished Conversation readers, visit the Unfinished Conversation website www.unfinishedconversation.com.*
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,