After a Suicide: Resources and Support for Grieving Families, Individuals and Communities

The loss of a loved one to suicide is a tragic event that defies understanding. There are many resources available from reputable sources that can help you find ways to support those grieving. It is important to realize that this is "complicated grief", it often involves strong emotions of guilt and anger which need to be acknowledged and addressed.

Additionally, creating a community response that is constructive and focuses on protecting community members (especially young people) who may be at risk for suicide is critical. Research has shown clearly that community response is a powerful tool for prevention.

Lighthouse recommends two websites as resources for postvention and grief. The American Foundation for Suicide Prevention is one of the premier organizations researching and working in the area of suicide prevention. Their website can be found at www.afsp.org

The Dougy Center has a wealth of resources for reaching out to those grieving the loss of a loved one. Their website can be found at www.dougy.org.

Some Specific Links that may be helpful:

From the American Foundation for Suicide Prevention:

Coping with Suicide Loss
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FED822A2-D88D-4DBD-6E1B55D56C229A75

Coping with Suicide Loss: Helping Children

Coping with Suicide Loss: For Friends and Family

Resource and Healing Guide
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FF28788F-FD0B-9D41-A8F05E48756F1554

After a Suicide: A Toolkit for Schools

Recommended Books for Survivors of Suicide
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FF1F73F3-01DF-26E3-05AB12DF557FCA0E
From The Dougy Center: The National Center for Grieving Children and Families:

How to Help a Grieving Child
http://www.dougy.org/grief-resources/how-to-help-a-grieving-child/

How to Help a Grieving Teen
http://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/

Kids and Funerals
http://www.dougy.org/grief-resources/kids-and-funerals/

Death Impacts Your School
http://www.dougy.org/grief-resources/death-impacts-your-school/

Developmental Grief Responses
http://www.dougy.org/grief-resources/developmental-grief-responses/

Help for Kids
http://www.dougy.org/grief-resources/help-for-kids/