



Our Vision: Eliminate suicide in Vermont

Our Mission: To create health-promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.

www.vtspc.org

For VTSPC Survivor Resources: www.vtspc.org/resources/survivors

RESOURCES FOR SURVIVORS

WEBSITES

American Association of Suicidology: www.suicidology.org (Click on Suicide Survivors)

American Foundation for Suicide Prevention: www.afsp.org (Click on Coping with Suicide)

Dougy Center - The National Center for Grieving Children and Families: www.dougy.org

Heartbeat: Grief Support Following Suicide: www.heartbeatsurvivorsaftersuicide.org

Out of the Darkness Walks (American Foundation for Suicide Prevention): www.outofthedarkness.org

Parents of Suicides – Friends and Families of Suicides: <http://www.pos-ffos.com/>

Sesame Workshop: When Families Grieve: <http://www.sesameworkshop.org/what-we-do/our-initiatives/when-families-grieve/>; <http://www.sesamestreet.org/content/grief>

Sibling Survivors: www.siblingsurvivors.com

Suicide Awareness Voices of Education: www.save.org/ (Click on Coping with Loss)

Suicide Information and Education Centre: www.suicideinfo.ca

Suicide Prevention Resource Center: www.sprc.org/basics/roles-suicide-prevention

Survivor Discussion Board: <http://suicidegrief.com/>

Survivors of Suicide: www.survivorsofsuicide.com

The Gift of Keith: www.thegiftofkeith.org. Created by a survivor family to provide resources for survivors.

Tragedy Assistance Program for Survivors (TAPS): <http://www.taps.org/>. TAPS provides information and services to those who have suffered the loss of a military loved one, due to any cause.

RESOURCE GROUP

For individuals unable to attend a group in person, **GriefNet.org** may provide an alternative. GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. They have almost 60 e-mail support groups and two websites. The integrated approach to on- line grief support provides help to people working through losses and grief issues of many kinds including suicide. The companion site, **KIDSAID**, provides a safe environment for kids and their parents to find information and ask questions. This resource can be accessed at: <http://www.griefnet.org>

NEWSLETTERS

Comforting Friends is published monthly by Friends for Survival, a National Outreach Program for Survivors of Suicide Loss. Website: www.friendsforsurvival.org/newsletters.html

Surviving Suicide is published four times a year by the American Association of Suicidology. To subscribe, go to www.suicidology.org and click on Survivors. A form can be downloaded from that site.

The Compassionate Friends publishes a newsletter and offers support groups. Its mission is to assist families toward positive resolution of grief following the death of a child of any age and provide information to help others be supportive. Go to website: www.compassionatefriends.org/home.aspx (click on sign up for national publication top of page)

The Journey - a newsletter for survivors of suicide is produced by The Link's National Resource Center for Suicide Prevention and Aftercare. Questions can be addressed to The Journey, 348 Mt. Vernon Highway, Atlanta, GA 30328-4139 (404-256-2919). The newsletter can be found on- line at the website: www.thelink.org/national_resource_center.htm

GUIDES

After a Suicide- Toolkit for Schools:

<http://www.sprc.org/sites/default/files/migrate/library/AfteraSuicideToolkitforSchools.pdf>

Children's Reaction to Sibling's Death: <http://theconnectprogram.org/sites/default/files/site-content/docs/ChildReaction.pdf>

Coping with Suicide Loss: Handling the Holidays:

<http://theconnectprogram.org/sites/default/files/site-content/docs/Coping%20with%20Suicide%20Loss.pdf>

Helping Your Grieving Child: <http://theconnectprogram.org/sites/default/files/site-content/docs/ChildReaction.pdf>

Help is at Hand: Resource for people bereaved by suicide or other sudden traumatic death. Written for people in the United Kingdom. Most sections very useful including a printable form for notifying people and organizations about the death of your loved one.
<http://supportaftersuicide.org.uk/help-is-at-hand/>

Surviving a Suicide Loss: A Financial Guide. Created by the American Foundation for Suicide Prevention Survivor Council and the National Endowment for Financial Education to help suicide survivors negotiate the short and long-term financial consequences of a family member's death. It can be obtained from the National American Foundation for Suicide Prevention. Website:
http://afsp.org/wp-content/uploads/2016/02/survivingasuicideloss_afinancialguide.pdf

Talking to Children About Suicide: <http://theconnectprogram.org/sites/default/files/site-content/docs/talkingtochildrenaboutsuiicide.pdf>

You Are Not Alone – Beyond Surviving: Suggestions for Survivors, by Iris Bolton:
<http://theconnectprogram.org/sites/default/files/site-content/docs/YouAreNotAlone.pdf>

BOOKS

SIBLINGS

An Empty Chair: Living the Wake of a Sibling's Suicide, by Sara Swan Miller

Do They Have Bad Days in Heaven? Surviving the Suicide of a Sibling, by Michelle Linn-Gust

PARENT

Assembling My Father, by Anna Cypra Oliver

Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope, by Albert Y. Hsu

In the Wake of Suicide: Stories of the People Left Behind, by Victoria Alexander

Suicide Survivors' Club: A Family's Journey Through the Death of Their Loved One, by Laurie Phillips (a set of five short books from the perspectives of each family member, including *Parenting the Suicide Survivors' Club*, a brief memoir about keeping one's family together after loss)

Trying to Remember, Forced to Forget (My Father's Suicide), by Judy Kletter

SPOUSE

After Suicide: A Ray of Hope for Those Left Behind, by E. Betsy Ross and Joseph Richman

No Time to Say Goodbye, by Carla Fine

Our Forever Angel: Surviving the Loss of a Loved One to Suicide, by Barbara Scholz

CHILD

Grieving the Unexpected: The Suicide of a Son, by Dr. Gary Leblanc

My Son...My Son, by Iris Bolton

Remembering Garret, by Gordon Smith

Suicide Survivors' Club: A Family's Journey Through the Death of Their Loved One, by Laurie Phillips (a set of five short books from the perspectives of each family member, including *Parenting the Suicide Survivors' Club*, a brief memoir about keeping one's family together after loss)

GENERAL

Aftershock: Help, Hope and Healing in the Wake of a Suicide, by Arrington Cox

Dying to be Free: A Healing Guide for Families after a Suicide, by Beverly Cobain

Grief After Suicide, edited by John R. Jordan and John McIntosh

Healing After the Suicide of a Loved One, by Ann Smolin

Night Falls Fast, by Kay Redfield Jamison

Suicide Survivors, by Adina Wrobleski

Suicide: Why?, by Adina Wrobleski

Surviving Suicide, by Heather Hays

Touched by Suicide: Hope and Healing After Loss, by Michael Myers and Carla Fine

Why People Die by Suicide, by Thomas Joiner

SPECIFICALLY FOR CHILDREN

After A Parent's Suicide: Helping Children Heal, by Margo Requarth

But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors, by Barbara Rubel

My Uncle Keith Died, by Carol Ann Loehr

Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them, by Doreen Cammarata

If you or anyone you know is having suicidal thoughts and needs to talk to someone,

Call:

Text VT to 741741



OR



Thank you to the Maine Center for Disease Control & Prevention and to Connect for sharing valuable resources.

To get in touch with Vermont Suicide Prevention Center:

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(802) 254-6590
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