



We are providing you with this packet because a family member or friend has died by suicide. We share your sadness with you, and would like to be a resource to you.

Understanding and accepting this loss is a journey, and we want to be supportive to you and your family. We have included several resources and readings in this packet that we hope will be useful to you. There is a resource listing of local counseling services, support groups, books and websites where you can go for information and support. There is also advice on how to *care for yourself* during this difficult time.

The Vermont Suicide Prevention Center and American Foundation for Suicide Prevention are organizations in Vermont who work to prevent suicide and provide support to those who have experienced the death by suicide of a loved one. We want you to know that there is help available in the community whenever you are ready for it. You may be interested in individual counseling or a Survivors of Suicide Support Group which meets once a month. In the meantime, this information might answer some of your questions and give you some comfort.

We sincerely hope that the information in this packet is helpful to you and your family and friends during this period of shock and grief. Please know that you are not alone. There are many people here for you. Please feel free to contact the VT Suicide Prevention Center for more information or resources.

Sincerely,

A handwritten signature in black ink that reads 'JoEllen Tarallo'.

JoEllen Tarallo, ED.D., MCHES, FASHA
Director, VT Suicide Prevention Center