

Experiencing the loss of a loved one by suicide is painful and confusing. You are not alone. There are many resources to support you locally and online. This packet contains information about coping with suicide, self-care and support groups.

We hope you will find this resource useful

## **SURVIVORS OF SUICIDE VERMONT RESOURCE PACKET:**

[www.vtspc.org/survivors-of-suicide-vermont-resource-packet](http://www.vtspc.org/survivors-of-suicide-vermont-resource-packet)

The Vermont Suicide Prevention Coalition is a group of organizations and individuals working to prevent suicide and support the families and friends who have suffered the loss of a loved one due to suicide.

Additional information is available at: [www.vtspc.org](http://www.vtspc.org)

AFSP is an organization dedicated to survivors. Information can be found at: [www.afsp.org](http://www.afsp.org)

Reaching out for help is an act of courage. Please feel free to contact us for more information.

Sincerely,

**JoEllen Tarallo**, *Executive Director*  
Center for Health and Learning  
Director, VT Suicide Prevention Center

**Alison Krompf**, *Senior Policy Advisor*  
Vermont Department of Mental Health



## **LANGUAGE IS IMPORTANT TO REDUCE STIGMA.**

We have heard from survivors that the way we speak about suicide can be healing or harmful. Please consider the language below.

### **TERMS TO USE:**

Death by suicide  
Took her/his own life  
Died by suicide  
Killed him/herself  
Suicide death

### **AVOID:**

Committed suicide  
Successful suicide  
Completed suicide  
Failed suicide attempt

### **FOR MORE INFORMATION:**

[info@healthandlearning.org](mailto:info@healthandlearning.org)  
[www.vtspc.org](http://www.vtspc.org)



28 Vernon Street, Suite 319  
Brattleboro, VT 05301  
info@healthandlearning.org  
802-254-6590



## SUICIDE LOSS SURVIVAL

If you or a loved one has recently experienced a suicide loss, the reality can be shocking and it can be hard to find ways to cope with the loss. It is important to take care of yourself as you go through the grieving process.

### REMEMBER:

- **You are not alone.** There is a network of support available to you. Look through the resources for survivors at [vtspc.org](http://vtspc.org) and [afsp.org](http://afsp.org)
- It is important to **prioritize taking care of yourself.** Find ways to nourish your body, soul, and mind.
- **Be kind to yourself.** The path to healing is a journey.
- **You can get through this.**

More self care tips and resources can be found at  
[www.vtspc.org/survivors-of-suicide-vermont-resource-packet](http://www.vtspc.org/survivors-of-suicide-vermont-resource-packet)