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. 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. 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.

**NEED TO CONNECT?**
- Call the Pathways Support Line (18+ Adult) (833) VT-TALKS / (833) 888-2557
- Call 2-1-1 to connect to your local mental health agency and COVID supports.
- Text VT to 741741

**SURVIVORS OF SUICIDE VERMONT RESOURCE PACKET:**
LANGUAGE IS IMPORTANT TO REDUCE STIGMA.

People with lived experience have told us 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
- Died by suicide
- Killed him/herself
- Suicide death

**AVOID:**
- Committed suicide
- Successful suicide
- Completed suicide
- Failed suicide attempt