

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. 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.

SURVIVORS OF SUICIDE VERMONT RESOURCE PACKET:

www.vtspc.org/survivors-of-suicide-vermont-resource-packet

REMEMBER:

- **You are not alone.** There is a network of support available to you. Look through the resources for survivors at vtspc.org and 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**



www.vtspc.org

VTSPC is a public-private partnership of
Center for Health and Learning
www.healthandlearning.org



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

Killed him/herself

Suicide death

AVOID:

Committed suicide

Successful suicide

Completed suicide

Failed suicide attempt