



**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](http://www.vtspc.org)

For VTSPC Survivor Resources: [www.vtspc.org/resources/survivors](http://www.vtspc.org/resources/survivors)

## RESOURCES FOR SURVIVORS

### WEBSITES

American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org) (Click on Suicide Survivors)

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

Dougy Center - The National Center for Grieving Children and Families: [www.dougy.org](http://www.dougy.org)

Heartbeat: Grief Support Following Suicide: [www.heartbeatsurvivorsaftersuicide.org](http://www.heartbeatsurvivorsaftersuicide.org)

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

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

Sesame Street in Communities: Helping Kids Grieve:  
<https://sesamestreetincommunities.org/topics/grief/> ;  
<https://www.sesamestreet.org/toolkits/grief/>

Sibling Survivors: [www.siblingsurvivors.com](http://www.siblingsurvivors.com)

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

Suicide Information and Education Centre: [www.suicideinfo.ca](http://www.suicideinfo.ca)

Suicide Prevention Resource Center: [www.sprc.org/basics/roles-suicide-prevention](http://www.sprc.org/basics/roles-suicide-prevention)

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

Survivors of Suicide: [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

**The Gift of Keith:** [www.thegiftofkeith.org](http://www.thegiftofkeith.org). Created by a survivor family to provide resources for survivors.

**Tragedy Assistance Program for Survivors (TAPS):** [www.taps.org/](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](http://www.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: <https://friendsforsurvival.org/> (scroll to bottom of page and click "Sign Up Today" to receive newsletter).

**Surviving Suicide** is published four times a year by the American Association of Suicidology. To subscribe, go to [www.suicidology.org](http://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](http://www.compassionatefriends.org) (scroll to bottom of page and submit your email to sign up for the newsletter).

**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). Go to website: <https://www.thelink.org/> and click on National Resource Center for Suicide Prevention and Aftercare for more information on support groups and grief support.

### **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:** <https://theconnectprogram.org/wp-content/uploads/2018/11/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 are 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/>

**Helping Your Grieving Child:** <https://theconnectprogram.org/wp-content/uploads/2018/11/HelpingChild.pdf>

**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](http://afsp.org/wp-content/uploads/2016/02/survivingasuicideloss_afinancialguide.pdf)

**Talking to Children About Suicide:** <https://theconnectprogram.org/wp-content/uploads/2018/11/talkingtochildrenaboutsuiicide.pdf>

**You Are Not Alone – Beyond Surviving: Suggestions for Survivors,** by Iris Bolton:  
<https://theconnectprogram.org/wp-content/uploads/2018/11/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 Garrett\*](#), 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 Wroblewski

[\*Suicide: Why?\*](#), by Adina Wroblewski

[\*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:**

[info@healthandlearning.org](mailto:info@healthandlearning.org)

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Brattleboro, VT 05301

[\(802\) 254-6590](tel:(802)254-6590)

[www.vtspc.org](http://www.vtspc.org)