

# 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](http://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](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**



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

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Center for Health and Learning  
[www.healthandlearning.org](http://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