

*Unfinished Conversation: Healing from Suicide and Loss*  
*A Guided Journey*

By Robert E. Lesoine and Marilynne Chöphel MFT

**Resources for Survivors of Suicide**

*General Survivor Resources*

*Resources for Military Survivors*

*Resources for Families and Children Survivors*

*Resources for Creating Survivor Support Groups*

*Resources for Suicide Prevention*

GENERAL SURVIVOR RESOURCES

**Unfinished Conversation Website**

[www.unfinishedconversation.com](http://www.unfinishedconversation.com)

Excerpts from *Unfinished Conversation*, and Handouts: Tool Kit for Your Journey to Healing, Creating Support, Clinical Theory Behind *Unfinished Conversation's* Healing Process, and other supportive self-care handouts

Web Links for Survivors (links to Survivor Support Groups in your area, and other survivor on-line resources)

Suicide Prevention Resources

Readings to Support Your Journey

Resources for Health Professionals

**American Association of Suicidology**

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

**Suicide survivor support group directory:**

<http://www.suicidology.org/suicide-support-group-directory>

Books for survivors:

Comprehensive list of books reviewed and recommended by AAS *SOS Handbook*, a quick-reference booklet for suicide survivors, available in English and Spanish.

Warning signs and risk factors for suicide

Statistics and fact sheets

Resources for clinicians

Resources for clinicians who have lost a patient or family member

Resources for those who have attempted suicide and for their families

**American Foundation for Suicide Prevention**

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

**Suicide survivor support group directory:**

<http://www.afsp.org/coping-with-suicide/find-support/find-a-support-group>

Online Support Groups

Books for Survivors:

Practical Guides for Coping with a Suicide Loss

Survivor Stories

Helping Children

For Adolescents and Teenagers

For Men

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For Clinicians  
Poetry and Inspiration  
Understanding Suicide and Mental Illness  
Surviving a Suicide Loss: A Resource and Healing Guide  
Surviving a Suicide Loss: A Financial Guide  
Survivor Outreach Program and Survivor e-Network  
Find a Therapist  
Clinician-Survivors  
Suicide Attempt Survivors  
Personal Stories  
Events:  
International Survivors of Suicide Day  
Out of the Darkness Walks  
Honor a Loved One  
Education & Training  
Support Group Facilitators Education & Training

**Canadian Association for Suicide Prevention**

[www.suicideprevention.ca](http://www.suicideprevention.ca)

Find a Crisis Centre  
Events and Conferences  
World Suicide Prevention Day  
About Suicide: Risk Assessment; Resiliency Factors  
Survivor Support  
After a Suicide: A Toolkit for Schools  
A Guide for Early Responders Supporting Survivors Bereaved by Suicide  
National StandBy Response Service

**International Association for Suicide Prevention (IASP)**

[www.iasp.info/postvention.php](http://www.iasp.info/postvention.php)

Resources in English, Estonian, Flemish, French, Japanese, Polish, Serbian, Spanish  
IASP Special Interest Group: Postvention (Suicide Bereavement)  
*How to Start a Survivors' Group* (IASP/WHO publication)  
Survivor Guides  
National Survivor Organizations  
European Directory of Suicide Survivor Services  
International Listing of Suicide Survivor Services  
Newsletter

**National Organization for People of Color Against Suicide (NOPCAS)**

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

Prevention, intervention, and postvention support services to the families and communities impacted adversely by the effects of violence, depression, and suicide.  
About Suicide  
Surviving  
Bereavement Support Groups  
Resources and Events  
Interviews  
Training and Speakers Bureau

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### **Suicide Aftercare Association**

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

#### **Suicide survivor support group directory:**

<http://www.suicideaftercare.org/supportgroups.html>

Offers postvention service to families during the critical 24-hour period following a suicide attempt or completion.

No-charge suicide scene biological cleaning service

Support group directory

Links to survivor services

### **Survivors of Suicide (SOS)**

[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

Understanding suicide

Beyond surviving

How to help survivors heal

Suicide—FAQ

SOS Poetry for the Heart

SOS memorials with photos

Resource links

## **RESOURCES FOR MILITARY SURVIVORS**

### **Suicide Wall**

[www.suicidewall.com](http://www.suicidewall.com)

Dedicated to memorializing veterans of Vietnam, Iraq, and Afghanistan who have taken their own lives.

### **Tragedy Assistance Program for Survivors (TAPS)**

Caring for the families of the fallen

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

800-959-TAPS (8277)

Tragedy assistance resource 24/7 for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death. Suicide loss chat each month and annual gathering for suicide survivors.

## **RESOURCES FOR FAMILIES AND CHILDREN**

### **Compassionate Friends**

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

Grief support after the death of a child for parents, siblings, and grandparents.

Annual national conference for bereaved families.

### **Dougy Center**

The National Center for Grieving Children & Families

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

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Support for children, teens, young adults, and their families grieving a death.  
Peer support groups, education, and training.

**Friends and Families of Suicide/Parents of Suicide**

[www.pos-ffos.com](http://www.pos-ffos.com)

Support group and memorial space for parents, friends, and families who have lost someone to suicide.

**Reachout.com**

[www.reachout.com](http://www.reachout.com)

A website for teens that deals with all kinds of mental health issues. Teens can read stories and watch videos of peers who have been through similar issues. The website is monitored by mental health professionals 24/7. Based in Australia.

Fact sheets

Stories—from other young people sharing their experience

Feature Stories—issues facing young people

Forums—chat to other young people

Videos—stories and interviews

**RESOURCES FOR CREATING SURVIVOR SUPPORT GROUPS**

**American Foundation for Suicide Prevention (AFSP)**

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

Guidance for creating and facilitating suicide bereavement support groups for adults, teens and children. The training program is offered as a two-day comprehensive workshop, or a self-study manual with a DVD, that includes structuring the meeting, facilitating the process, and dealing with difficulties, as well as sample openings, ground rules, closings, handouts, and more.

*Facilitating Suicide Bereavement Support Groups: A Self-Study*

Manual: Workbook and Companion DVD, “Facilitating Suicide Bereavement Support Groups: Skill-Building and Special Challenges”

*Facilitating Suicide Bereavement Support Groups: The Two-day Program*

Comprehensive training using lecture, interactive discussion, and role-playing to prepare participants to run an effective support group

*Facilitating Suicide Bereavement Support Groups for Children and Teens*

Comprehensive training program using lecture, interactive discussion, and role-playing

## RESOURCES FOR SUICIDE PREVENTION

### **National Suicide Prevention Lifeline**

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

**1-800-273-TALK (8255)**

A free, 24-hour hotline available to anyone in suicidal crisis, emotional distress, or for survivors who need someone to talk with who understands your circumstances. Your call will be connected to the nearest crisis center to you.

**Veterans, call 1-800-273-8255 and press 1** to be routed to the Veterans Suicide Prevention Hotline.

### **American Association of Suicidology**

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

Directory of AAS-Accredited Crisis Centers

Suicide Prevention Resources

Warning Signs, Risk Factors, Statistics

Books about Suicide: Comprehensive list of books reviewed and recommended by AAS

Training & Accreditation

Annual Conference

### **American Foundation for Suicide Prevention**

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

Understanding Suicide

Preventing Suicide

Coping with Suicide—for survivors

Research, Advocacy, and Public Policy

Events:

Out of the Darkness Walks to Prevent Suicide

International Survivors of Suicide Day

### **The Canadian Association for Suicide Prevention**

[www.suicideprevention.ca](http://www.suicideprevention.ca)

Find a Crisis Centre

Events and Conferences

World Suicide Prevention Day

About Suicide: Risk Assessment; Resiliency Factors

### **Defense Suicide Prevention Office (DSPO)**

Department of Defense/Veterans Administration

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

Outreach Center 24/7 and Chat Online 24/7

Warning Signs and Self-assessments

Resources for Veterans

**International Association for Suicide Prevention (IASP)**

[www.iasp.info/postvention.php](http://www.iasp.info/postvention.php)

Resources in English, Estonian, Flemish, French, Japanese, Polish, Serbian, Spanish

Dedicated to preventing suicidal behavior, to alleviate its effects, and to provide a forum for academics, mental health professionals, crisis workers, volunteers, and suicide survivors.

**National Center for Post-Traumatic Stress Disorder (PTSD)**

United States Department of Veterans Affairs Department of Defense

[www.ptsd.va.gov](http://www.ptsd.va.gov)

Public Section: Veterans, the General Public, Family & Friends Professional Section: Researchers, Providers & Professional Helpers

Veterans Resources And Services

**The Trevor Project**

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth, ages 13-24.

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

Suicide Prevention

Resources for Educators and Parents

Events

Advocacy

**Suicide Prevention Resource Center (SPRC)**

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

The only federally supported resource center devoted to providing technical assistance, training, and materials for suicide prevention practitioners and other professionals serving people at risk for suicide.

Assessing and Managing Suicide Risk

Online Trainings

Suicide Prevention in Juvenile Correctional Facilities

Suicide Prevention among LGBT Youth: for Professionals Who Serve Youth

**U.S. Department of Veterans Affairs**

[www.va.gov](http://www.va.gov)

Suicide Prevention Resources: [www.mentalhealth.va.gov/suicide\\_prevention/](http://www.mentalhealth.va.gov/suicide_prevention/)

**Veterans Crisis Line:** 1-800-273-8255 (Press 1)