

Resource Guide for Survivors of Suicide Loss

*If you or a loved one are a survivor of suicide loss, **you are not alone**. Firearm suicide claims the lives of more than 25,000 people in the U.S. every year.¹ The trauma of suicide loss impacts surviving family members, loved ones, friends, colleagues, and beyond. These ripple effects can be profound. Please know that **there are resources available to support you**.*

Helplines

If you or someone you care about is struggling with thoughts of suicide, call or text the **988 Suicide & Crisis Lifeline** at **9-8-8**. Help is free, confidential, and available 24/7.

Or reach the **Crisis Text Line** by texting "**HOME**" to **741-741**. Help is free, confidential, and available 24/7.

Friends for Survival offers a support line for survivors of suicide loss at **(800) 646-7322**. Help is free, confidential, and available seven days a week.

The Trevor Project is available for LGBTQ+ youth in crisis by calling **1-866-488-7386** or texting "**START**" to **678-678**. Help is free, confidential, and available 24/7.

General Resources

Alliance of Hope for Suicide Survivors offers resources related to common challenges and feelings that survivors may experience, including navigating guilt, wondering "why," and celebrating holidays and meaningful dates.

American Association of Suicidology provides a handbook for survivors of suicide loss that foreshadows different parts of the healing process and speaks to the unique grief faced in the wake of a suicide tragedy.

American Foundation for Suicide Prevention provides numerous resources for healing, education about suicide for survivors and their loved ones, and toolkits for community healing in workplaces and schools.

988 Suicide & Crisis Lifeline provides research-based recommendations on strategies to implement to help survivors of suicide loss cope after a tragedy.

¹Everytown Research analysis of Centers for Disease Control and Prevention, National Center for Health Statistics. WONDER Online Database, Underlying Cause of Death. A yearly average was developed using five years of the most recent available data: 2018 to 2022.

Resources for Children and Teens

Dougy Center offers information and activities to help children process and cope with their grief from suicide loss, as well as [tips for adults talking](#) to children about death by suicide.

Friends for Survival provides recommendations for talking to children about death by suicide.

National Children Traumatic Stress Network provides guidance on talking to children about death by suicide, along with other recommended readings for adult caregivers.

Connect with Other Survivors of Suicide Loss

Alliance of Hope for Suicide Survivors provides a virtual community forum to connect with peer support 24/7.

American Foundation for Suicide Prevention provides a list of nationwide virtual support groups and a search tool to find in-person groups by zip code. They also offer a program called "[Healing Conversations](#)," where survivors of suicide loss can request a free one-time visit with a trained peer support volunteer who also has a lived experience of suicide loss.

Everytown SurvivorsConnect hosts virtual quarterly support groups for individuals who have been impacted by gun violence, including a group solely for survivors of firearm suicide loss, which is co-facilitated by survivors.

Friends for Survival hosts monthly virtual support groups for specific experiences, such as grieving mothers, men, and spouses/partners, and an open group for all survivors. There are also in-person groups in California and Utah. All meetings are free and last 90 minutes.

Heartbeat Survivors After Suicide offers free virtual survivor support groups that meet monthly.

Tragedy Assistance Program Survivors provides online groups and peer mentorship for survivors of veteran suicide loss.

Professional Support

Alliance of Hope for Suicide Survivors offers individual consultations with mental health professionals with lived experience of suicide loss.

American Foundation for Suicide Prevention provides a list of mental health professionals who have completed a Suicide Bereavement Clinician Training program and expressed interest in offering grief therapy for suicide loss survivors.

Center for Prolonged Grief provides a directory of mental health professionals with additional training in treating prolonged grief.

Dougy Center offers a program directory tool to find a grief support center near you.