

FINDING SUPPORT

Reaching out to others and attending a support group can provide you with support from individuals who have gone through what you are going through. It can be especially healing to hear the stories of how others have traveled along their grief journey or friend. These individuals can relate to your feelings because they have personally felt them. They can offer you help, support and guidance as you move along your journey of healing.



SUPPORT GROUPS

Listed below are links to **SUPPORT GROUPS** which can help you.

Alliance of Hope Community Forum provides healing support for people coping with the loss of a loved one to suicide. Thousands of loss survivors come together in this online forum to exchange information, understanding, and hope. This healing space, available 24/7, is moderated by a mental health counselor and trained volunteers.

<https://forum.allianceofhope.org/>

American Foundation for Suicide Prevention (AFSP) lists U.S. and international suicide bereavement support groups as a public service to loss survivors.

<https://afsp.org/find-a-support-group/>

Suicide Awareness Voices Education (SAVE) keeps an updated list of support groups across the country. Click the following link to go to the interactive map to find support groups near you.

<https://save.org/what-we-do/grief-support/find-a-support-group/>

Tragedy Assistance Program for Survivors (TAPS) has supported thousands of survivors of military suicide loss by offering them hope, healing, and renewed opportunities for personal growth. TAPS provides resources and programming to all survivors of military suicide loss.

<https://www.taps.org/suicide>

MENTAL HEALTH PROFESSIONALS

Mental health professionals can help individuals to process and express feelings of grief and intense emotion. If you feel that your grief is overbearing and unmanageable, then contact a mental health professional. There are mental health professionals located throughout communities to assist you. Reach out to one for assistance. Sharing your feelings with a mental health professional can help you to process your grief and move towards healing.

Mental health professionals can be found in a variety of locations, including community mental health facilities, private practices, hospitals, and health agencies.

Ohio Suicide Prevention Foundation is aimed at ensuring that all Ohio communities have the resources and capacity to reduce the risk of suicide among their residents, lessen the effects of suicide on families and communities, and improve mental health statewide. The following link provides information for each Ohio County regarding coalitions, LOSS teams, crisis numbers, and local health provider information.

<https://www.ohiospf.org/coalition-map/>



SURVIVOR RESOURCES

Listed below are links to **SURVIVOR and SUICIDE PREVENTION RESOURCES** which can help you.

American Association of Suicidology

The American Association of Suicidology (AAS) provides resources regarding suicide prevention for professionals, researchers, crisis intervention centers, schools, and lay persons. AAS operates The National Center for the Prevention of Youth Suicide and offers an array of suicide prevention resources, including: Facts and statistics, training and accreditation, the Suicide and Life-Threatening Behavior Journal, Resources for Attempt Survivors, and a list of accredited crisis centers.

<http://www.suicidology.org/>

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that is dedicated to saving lives and bringing hope to those affected by suicide. AFSP is committed to helping those affected by suicide through research, education, advocacy and support.

<https://afsp.org/>

Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) provides helpful resources for survivors of suicide loss.

<http://www.sprc.org/sites/default/files/resource-program/Help-and-Hope-For-Survivors-of-Suicide-Loss.pdf>

American Association of Suicidology

The American Association of Suicidology offers an array of suicide prevention materials including suicide survivor resources

<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

The Jason Foundation

This organization is dedicated to youth suicide prevention.

<http://jasonfoundation.com/>

The Trevor Project

The Trevor Project provides suicide prevention and crisis intervention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people. It offers free, 24/7, confidential counseling through the following:

- Trevor Lifeline - toll-free phone line at 1-866-488-7386
- TrevorText - text START to 678-678
- TrevorChat - instant messaging at TheTrevorProject.org/Help
- TrevorSpace - an affirming social networking site for LGBTQ youth at TrevorSpace.org

<http://www.thetrevorproject.org/>

Jed Foundation

The Jed Foundation provides suicide prevention information and resources.

www.jedfoundation.org

Crisis Text Line

The Crisis Text Line provides free emotional support and information to teens in any type of crisis, including suicide. If you are currently suicidal or in any crisis, you can text a trained specialist 24 hours a day. Text "HOME" to 741741.

<http://www.crisistextline.org/>

National Suicide Prevention Lifeline at 1-800-273-Talk (8255)

The National Suicide Prevention Lifeline provides free and confidential emotional support to individuals in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices. If you are currently suicidal, call this Lifeline to get the help you need.

<https://suicidepreventionlifeline.org/>

National Alliance on Mental Illness

NAMI provides educational materials regarding mental health.

www.nami.org

1-800-950-NAMI (6264)

National Federation of Families for Children's Mental Health

This federation offers information regarding youth mental health.

www.ffcmh.org

National Institute of Mental Health

The NIMH provides an array of materials on mental health and suicide prevention.

www.nimh.nih.gov

Ohio Suicide Prevention Foundation

The Ohio Suicide Prevention Foundation provides information concerning suicide prevention and its relationship to mental illness, substance abuse, and other issues. The focus of this organization is to act as a catalyst for suicide prevention activities across the state.

<https://www.ohiospf.org/>

Society for the Prevention of Teen Suicide

This website contains a teen section which provides information to help teens who are thinking about suicide. Information is also offered on how to help a friend and how to cope if a friend dies by suicide.

<http://www.sptsusa.org/teens/>

Substance Abuse and Mental Health Services Administration

SAMHSA provides educational materials and resources regarding suicide and substance abuse prevention.

www.samhsa.gov/prevention/suicide.aspx

Suicide Awareness Voices of Education (SAVE)

SAVE offers information aimed at enhancing suicide prevention awareness and education.

www.save.org

Suicide Prevention Action Network USA

This network provides suicide prevention information and resources.

www.spanusa.org