

# **Resources for After a Suicide**

#### General

- The Compassionate Friends: Supporting Family After a Child Dies (https://www.compassionatefriends.org/find-support/)
- American Foundation for Suicide Prevention: I've lost someone (https://afsp.org/ive-lost-someone)
- American Association of Suicidology: Helping Survivors of Suicide (https://suicidology.org/resources/suicide-loss-survivors/helping-sosl/)
- How to Talk to a Suicide Loss Survivor: A #RealConvo Guide from AFSP (https://afsp.org/story/how-to-talk-to-a-suicide-loss-survivor-a-realconvo-guide-from-afsp)
- After a Suicide Resource Directory (http://www.personalgriefcoach.net/)
- The Dougy Center for Grieving Children & Families (http://www.dougy.org/)
- <u>Suicide Awareness Voices of Education: Coping with Suicide Loss (https://www.save.org/find-help/forsuiced-loss-survivors/)</u>

## Youth and young people

- <u>Tips for Talking with and Helping Children and Youth Cope After a Disaster or other Traumatic Event: A</u>
   Guide for Parents, Caregivers and Teachers (https://www.samhsa.gov/sites/default/files/tips-talking-to-children-after-traumatic-event.pdf)
- American Foundation for Suicide Prevention: Children, Teens, and Suicide Loss (https://awsfetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1)
- Postvention: A Guide for Response to Suicide on College Campuses (http://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf)

## Workplace

A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the
 Aftermath of Suicide (https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide)

## School settings K-12

- After a Suicide: A Toolkit for Schools (https://www.sprc.org/resources-programs/after-suicide-toolkit-schools)
- <u>Suicide Prevention Resource Center: Provide for Immediate and Long-term Postvention</u> (<a href="https://sprc.org/effective-prevention/a-comprehensive-approach-to-suicide-prevention/provide-for-immediate-and-long-term-postvention/">https://sprc.org/effective-prevention/a-comprehensive-approach-to-suicide-prevention/provide-for-immediate-and-long-term-postvention/</a>)

#### BEREAVEMENT PACKET GUIDE

# **Military**

- Tragedy Assistance Program for Survivors-Military Suicide Loss (https://www.taps.org/suicide)
- <u>Postvention Toolkit for a Military Suicide Loss (PDF)</u>
   (https://www.health.state.mn.us/communities/suicide/documents/postventiontoolkit.pdf)

#### Rural

After Rural Suicide: A Guide for Coordinated Community Postvention
 Response (PDF) (https://sprc.org/online-library/after-rural-suicide-a-guide-for-coordinated-community-postvention-response/)

Minnesota Department of Health Suicide Prevention Unit 85 East 7th Pl, PO Box 64882 St. Paul, MN 55164-0882 health.suicideprev.mdh@state.mn.us www.health.state.mn.us

To obtain this information in a different format, call: 651-201-5400.

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