

New York City Guide for Survivors of Suicide Loss

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The Samaritans of New York with funding
from the New York State Office of Mental Health**

Coping with the loss of a loved one to suicide is a painful and extremely difficult experience that very few people can understand, often made more difficult by the stigma associated with suicide and the many misconceptions people have about it.

The path to healing and recovery can be challenging and, even, overwhelming, which is why it is so important that those impacted by suicide loss utilize the care, support and resources available to them—including family, friends and religious guides, survivor literature, support groups, self-help classes and mental health professionals.

This Guide provides an overview of the resources, research, activities, support groups and other helpful information and is intended to assist survivors of suicide loss as they move forward on their path to healing.

***Samaritans Safe Place*
Suicide Survivor Support Groups
(212) 673-3041**

**ongoing support for survivors of suicide loss
peer/professional facilitated, twice monthly**

**The Samaritans
Suicide Prevention Hotline
(212) 673-3000**

**24 hours/7 days a week
community-based, completely confidential**

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Immediate Help

The Samaritans of New York

24-Hour Suicide Prevention Hotline
completely confidential hotline provides ongoing emotional support.
212-673-3000
www.samaritansnyc.org

NYC Department of Health and Mental Hygiene Online Directory

24/7 hotline and online directory provide access to NYC health services.
1-800-LIFENET (543-3638)
www.800lifenet.org

US Department of Health/Substance Abuse & Mental Health Services Administration: Services Locator
lists more than 8,000 mental health treatment programs to find a therapist.
<http://findtreatment.samhsa.gov/>

Overviews and Guidelines

The Mayo Clinic: Suicide Grief
brief overview of what to expect immediately following the loss of a loved one to suicide.
www.mayoclinic.org/healthy-living/end-of-life/in-depth/suicide/art-20044900

Beyond Surviving: Suggestions for Survivors
comprehensive tips for moving forward after the loss of a loved one compiled by an expert in the field of suicide loss.
<http://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/25-Suggestions-For-Survivors.pdf>

Grief After Suicide
a personal look at the range of emotions the survivor experiences.
www.buddhanet.net/r_suicid.htm

Suicide Prevention Resource Center: Survivors of Suicide Loss
an introduction to assisting friends, family members and providers when responding to suicide survivors.
www.sprc.org/sites/sprc.org/files/Survivors.pdf

American Association of Suicidology: A Handbook for Survivors of Suicide
a guide for survivors of suicide loss, written by someone who has suffered the same loss. Available in Spanish.
http://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/SOS_handbook.pdf

Surviving a Suicide Loss: A Resource and Healing Guide
general overview for the newly bereaved on how to cope after a suicide, including personal stories and resources from AFSP.
www.afsp.org/coping-with-suicide/where-do-i-begin/resource-and-healing-guide

Harvard Health Publications: Left Behind After Suicide
explores how losing a loved one to suicide differs from other forms of grief and how to care for the survivor.
www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2009/July/Left-behind-after-suicide

Suicide Prevention Resource Center: Library & Resources
detailed bibliography of clinical studies, research and guides focusing on a wide variety of topics tied to survivors of suicide.
www.sprc.org/library_resources/listing/search?tid_3=All&tid_2=All&tid_1=All&tid=254

Depression & Bipolar Support Alliance: Finding a Mental Health Professional
breaks down the overwhelming task of searching for a mental health care professional, focusing on what to expect from the appointment, etc.
www.dbsalliance.org/pdfs/finding.pdf

TAPS (Tragedy Assistance Program for Survivors)
links to videos and events exploring the aftermath of suicide and ways to connect with others in the community and online.
www.taps.org/suicide/

A Postvention Primer for Providers
overview includes misconceptions, what not to say, response of law enforcement at the scene, etc.
http://lifeguard.tripod.com/After_a_Suicide.pdf

After a Suicide
recommendations for religious services and other public memorial observances.
www.sprc.org/library/aftersuicide.pdf

Resources For Children

Suicide Awareness Voices of Education: What to Tell Children
looks at how to explain the suicide of a loved one to children, exploring how they might feel and what to expect.
www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EB8CDAFC-7E90-9BD4-CDB77DB42FD5C2CE

AFSP: Talking to Children About Suicide
information sheet with tips on how to explain suicide to a child by drawing on research and experience.
www.afsp.org/coping-with-suicide/where-do-i-begin/helping-children-understand

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Samaritans Beyond Surviving Website Samaritans has launched a survivor-focused website that promotes hope, resiliency and healing. It includes resources, research, websites and book listings, a bulletin board as well as a calendar of events that may be of benefit to survivors (examples below). Go to: www.samaritansbeyondsurviving.org

Writing A Path to Healing
Thursday, April 17, 7-9 pm
The Samaritans of NY free admission
Carla Fine (*No Time To Say Goodbye*) and Dr. Michael Myers offer survivors creative ways to cope with suicide loss.
281 Park Avenue South, Manhattan
To register, click: bit.ly/1i3Nc4s

Family Therapy with Troubled Adolescents/Moving Past Crisis
Saturday, May 3 10am-4 pm \$135
Ackerman Institute for the Family
Specific steps for moving beyond the problems and finding ways to resolve conflicts and strengthen relationships.
Accredited, for details (212) 879-4900

Improving Your Relationship
Thursday, May 15, 7-8:30 pm
The Albert Ellis Institute \$15/20 at door
Relationships are crucial to our happiness but they take work to maintain. This class explores what we must do to improve them.
145 E 32nd St. 9th floor, Manhattan
Call (212) 535-0822 or info@albertellis.org

Understanding Suicide, Supporting Children, The Dougy Center

sells instructional DVD's and brochures that provide insight into the emotions and experiences children and families affected by a suicide death often go through and offers ways to help.

http://www.tdcbookstore.org/store/p34/Understanding_Suicide%2C_Supporting_Children%2A.html

Comfort Zone Camp: When a Teen or Child Loses a Loved One to Suicide

discusses when, what and how to tell a teen or adolescent about losing a loved one to suicide.

www.hellogrief.org/when-a-teen-or-child-loses-a-loved-one-to-suicide/

Our House Grief Support Center: Explaining Suicide to Children

examines best practices for parents and other caregivers of children who have lost a loved one to suicide.

<http://www.ourhouse-grief.org/resources/explaining-suicide-to-children/>

Resources For Families

Grief Speaks: When a Child Returns to School After a Parent's Suicide

a grief recovery specialist highlights the family dynamic following a suicide and includes a list of suggested reading for children and families.

www.griefspeaks.com/id58.html

How Parents Cope with the Death of a Child to Suicide or Drugs

discussion on how to cope with the suicide death of a son or daughter, by William Feigelman, John R. Jordan, John L. McIntosh & Beverly Feigelman
<http://link.springer.com/article/10.1007%2Fs10615-012-0431-0>

Sibling Survivors of Suicide

a survivor and suicide prevention expert examines the special relationship between siblings and deep mourning experienced by those left behind.

www.connect.legacy.com/inspire/page/show?id=1984035%3APage%3A7116

The Girlfriends' Guide to What to Expect When Your Girlfriend's Grieving

a suicide survivor explores the emotions surrounding the loss of a family member to suicide.

www.sprc.org/sites/sprc.org/files/library/gfriendsurvguide.pdf

The Erika Whitmore Godwin Foundation: Grief Haven

provides support and resources to parents who have lost a child as well as siblings and other family members impacted by the death of a child.

www.griefhaven.org

Alternative Sources for Reading and Reflection

Grief Loss Recovery

a grief counselor's website containing information about the grief process, exploring the stages of grief and sorrow, as well as the signs and symptoms of bereavement and when to seek outside help.

www.recover-from-grief.com

Suicide: Finding Hope

a suicide survivor provides a personal perspective on the journey of the survivor after suicide, searching for understanding and serenity, includes events, research and videos.

www.suicidefindinghope.com

Alliance of Hope for Suicide Survivors

support for survivors features an online community forum with threads for those who lost parents, siblings, children, spouses and others.

www.allianceofhope.org

Open to Hope: Finding Hope After Loss

explores important issues tied to suicide loss, such as forgiveness, laughter, unresolved grief through links to radio shows, videos and articles by other survivors.

www.opentohope.com/suicide

Suicide Prevention, Awareness and Support

an online confidential support forum exclusively for suicide survivors.

www.suicide.org/suicide-survivors-forum.html

Survivors of Suicide

connects to the Survivors of Suicide National Support Group Directory and online forum as well as ideas on how to heal and cope following your loss.

www.survivorsofsuicide.com

National Organization for People of Color Against Suicide: Surviving a Suicide Loss

the only national organization looking at survivor issues, healing and education from the perspective of people of color.

<http://nopcas.org>

Suicide Awareness Voices of Education: Personal Stories

a compilation of stories of personal experiences and coping from fellow survivors of a suicide loss.

www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EBC94492-7E90-9BD4-CFDoE103C4B5067B

Books for Healing & Recovery

My Son... My Son, A Guide to Healing After Death, Loss or Suicide, Iris Bolton, Bolton Press Atlanta, 1983. A moving and enlightening book providing insight into the survivor experience from one of the key figures in advancing the survivor support movement.

No Time to Say Goodbye: Surviving the Suicide of a Loved One

Carla Fine, Doubleday Publishing, NYC, 1999. A touching, informative and invaluable guide to help suicide survivors cope with and begin to heal from their loss.

American Association of Suicidology's Bibliography for Suicide Bereavement

<http://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/Bibliography07-29-2014.pdf>

American Foundation for Suicide Prevention's Books for Survivors

www.afsp.org/coping-with-suicide/where-do-i-begin/books-for-survivors

Surviving Suicide's Suggested Reading for Grief Recovery & Suicide Bereavement

www.webring.org/l/rd?ring=suic;id=5;url=http%3A%2F%2Fsurviving-suicide.com%2F

Centering Corporation and Grief Digest Magazine - Grief Resources

www.centering.org

Alliance of Hope Bookstore

<http://astore.amazon.com/alliofhopefor-20>

Jesuit Social Services: Nothing Prepared Me For This

www.jss.org.au/policy-and-advocacy/publications-and-research/460-nothing-prepared-me-for-this

Suicide Awareness Voices of Education: When the Worst Has Happened

www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EB8B21F9-7E90-9BD4-CF517BFBD788E71F

Support Groups for Survivors

AFSP's Find a Support Group

interactive webpage that assists survivors in finding support groups in their communities, includes location and contact information.

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

Samaritans Safe Place Support Groups

Samaritans of New York, Manhattan, age 18+, free, open to all suicide losses, peer/professional facilitated, 1st Wed/Upper West Side, 3rd Tues/Flatiron, 7-9 pm. For additional info, please call: 212-673-3041

www.samaritansnyc.org

Survivors After Suicide

Bethany Lutheran Church, 233 Westcott Blvd, Staten Island, free, open to all ages/all suicide losses, peer facilitated, 3rd Tues/monthly, 6:30 pm. For additional info, please call: Susan Holden 718-273-6776

M'kom Shalom: A Place of Peace for Jewish Survivors of a Close One's Suicide

NY Jewish Healing Center, 135 West 50th St., 6th floor, Manhattan, free, people of all faiths welcomed, professional facilitated, 2nd Wed/monthly, 7-8:30 pm. Call before attending: Rabbi Simkha Weintraub 212-632-4770

You're Not Alone

East Northport, Long Island, free, open to all suicide losses, peer facilitated, 1st & 3rd Mon/monthly. Call before attending: Bob Karpowicz 631-266-2656

Parents Who Lost Children to Suicide

611 Broadway, Suite 415, Manhattan, free, for parents of all ages, peer/professional facilitated, 3rd Thurs/monthly, 6:30-8 pm. Call before attending Marcia Resnick 212-842-1460

Long Island Survivors of Suicide

Temple Tikvah, 3315 Hillside Ave., free, non-religious, open to all suicide losses, peer/professional facilitated, 2nd Wed/monthly, 7:15-9:30 pm. For additional info, call: Bill & Beverly Feigelman 718-380-8205

www.lisos.org

For ongoing emotional support while coping with your loss, call Samaritans

(212) 673-3000

completely confidential, 24 hours a day

Sibling Support Group

1140 Broadway, Suite 830, Manhattan, free, sibling losses, peer-facilitated, 2nd Tues/monthly, 7-8:30 pm. For additional info, contact: Stephanie Kraut stephaniekraut@gmail.com / Kimberly Fodor kimberlyfodor@gmail.com

Suicide Survivors Support Groups

Greenwich Village Center for Separation and Loss, 300 Mercer St., Manhattan, all suicide losses, requests weekly attendance over 3 months, professional facilitated. Call before attending: Robert Gangi, PhD 212-380-8059 www.gvsl.org

General Bereavement Groups

Compassionate Friends

free support groups and online forums for all bereaved family members following the death of a child of any age. 1-877-969-0010, M-F, 9-5 (CST) www.compassionatefriends.org

Widow & Widower Support Group

All Saints Episcopal Church, 2329 Victory Blvd., Staten Island, free, spouse loss, 1st Sun/month, 2-4 pm. For additional info, please call: 718-698-1338

Calvary Hospital Bereavement Services

free bereavement support for teens, children, and adults who have lost loved ones due to any cause. Locations in the Bronx and Brooklyn. 718-518-2125 www.calvaryhospital.org/site/pp.asp?c=ktJlUj9MPlsE&b=3304883

Center for Bereavement

grief counseling in safe, confidential and private settings for both individuals and groups, located in Manhattan. Please call: 212-289-8570 or email: ms@centerforbereavement.com www.centerforbereavement.com

Catholic Charities Brooklyn and Queens

Provided by the Office of Bereavement Ministry, free bereavement support offered 2 Sat/month, 10 am-12 pm, all losses/ages welcome, various Brooklyn & Queens locations. For schedule, call: 718-722-6214 www.ccbq.org/what-we-do/parish-community-services

Center for Loss & Renewal

individual and group grief-bereavement counseling for all ages. 212-874-4711 www.lossandrenewal.com/our-services.htm#bereavement_groups

Spanish Speaking

Calvary Hospital Bereavement Services

este grupo se reune un lunes si y otro no. Este Grupo Es abierto, para personas de habala hispana. Sirvase A llamar a capellan Yovani Santiago al 718-518-2569 www.calvaryhospital.org/site/pp.asp?c=ktJlUj9MPlsE&b=3304883

Comunilife's VIDA Guidance Center

free bilingual/bi-cultural psychiatric services to children, adolescents, adults and families in the Bronx. 718-364-7700 www.comunilife.org/mental-health-services

Children and Youth

Jewish Board of Family and Children's Services (JBFCs)

free bereavement groups designed to help children and adolescents cope with the death of a parent or caretaker. Held at JBFCs sites throughout NYC. 212-632-4692 www.jbfc.org/programs.php?id=215

A Caring Hand, The Billy Esposito Foundation Bereavement Center

free bereavement services for children and teens ages 4-18 and their primary caregivers including group support and individual attention. 212-229-CARE (2273) www.acaringhand.org/bereavement-services

NYU Child Study Center

offers a wide range of mental health services for children, adolescents, young adults and families of NYC, from evaluation to treatment. 212-263-6622 www.aboutourkids.org

Samaritans Beyond Surviving Website

To access additional information, resources, a calendar of events listings and a bulletin board of survivor-related activities go to the special Samaritans Beyond Surviving website:

www.samaritansbeyondsurviving.org