

# New York City Guide for Survivors of Suicide Loss

**This guide was produced by  
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**

# NYC Guide for Survivors of Suicide Loss

## 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](http://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](http://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](http://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](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](http://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](http://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%20  
Survivors/SOS\\_handbook.pdf](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.  
[https://afsp.org/find-support/ive-  
lost-someone/](https://afsp.org/find-support/ive-lost-someone/)

**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](http://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](http://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](http://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/](http://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](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](http://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](http://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.  
[https://store.afsp.org/afsp/  
product/01197F58-54A5-4FB4-B416-  
CBE2E7E0D524](https://store.afsp.org/afsp/product/01197F58-54A5-4FB4-B416-CBE2E7E0D524)

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## Safe Place: Samaritans Support Group for Survivors of Suicide Loss

*Samaritans established New York City's first "suicide survivor" support group program to provide those who have lost someone they love or are close to with a supportive and caring environment designed to help them cope with their loss in the company of others who have had the same experience.*

*Safe Place meetings are peer support groups run by trained facilitators experienced in dealing with the complex issues surrounding suicide and its aftermath. Participants explore their thoughts and feelings tied to their loss without any pressures, expectations, judgements or people giving them advice.*

**Attend a Safe Place Meeting**  
*Meetings are held twice a month on the 1st Wednesday (Upper West Side) and 3rd Tuesday (Flatiron) from 7-9 pm. Meetings are free and open to people who have experienced a direct, personal loss of a loved one to suicide. Minimum age 18. To learn more call: 212-673-3041 or go to <http://samaritansnyc.org/attend-a-meeting/>*

### **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](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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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**

<https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/books-loss-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%2Ecom%2F](http://www.webring.org/l/rd?ring=suic;id=5;url=http%3A%2F%2Fsurviving-suicide%2Ecom%2F)

### **Centering Corporation and Grief Digest Magazine - Grief Resources**

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

### **Alliance of Hope Bookstore**

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

### **Jesuit Social Services: Nothing Prepared Me For This**

<http://suicideprevention.salvos.org.au/wp-content/uploads/2012/09/Jesuit-Social-Services-Nothing-Prepared-me-for-this.pdf>

### **Suicide Awareness Voices of Education: When the Worst Has Happened**

[www.save.org/index.cfm?fuseaction=home.viewPage&page\\_id=EB8B21F9-7E90-9BD4-CF517BFBD788E71F](http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EB8B21F9-7E90-9BD4-CF517BFBD788E71F)

## Support Groups for Survivors

### **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](http://www.samaritansnyc.org)

### **AFSP's Find a Support Group**

interactive webpage that assists survivors in finding support groups in their communities, includes location and contact information.  
<https://afsp.org/find-support/ive-lost-someone/find-a-support-group/>

### **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](http://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](mailto:stephaniekraut@gmail.com) / Kimberly Fodor [kimberlyfodor@gmail.com](mailto: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](http://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](http://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=ktjUj9MPIS&b=3304883](http://www.calvaryhospital.org/site/pp.asp?c=ktjUj9MPIS&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 email: [ms@centerforbereavement.com](mailto:ms@centerforbereavement.com)  
[www.centerforbereavement.com](http://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  
<http://www.ccbq.org/what-we-do/bereavement-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](http://www.lossandrenewal.com/our_services.htm#bereavement_groups)

## Spanish Speaking

### **Calvary Hospital Bereavement Services**

este grupo se reúne un lunes si y otro no. Este Grupo Es abierto, para personas de habla hispana. Sirvase A llamar a capellan Yovani Santiago al 718-518-2569  
[www.calvaryhospital.org/site/pp.asp?c=ktjUj9MPIS&b=3304883](http://www.calvaryhospital.org/site/pp.asp?c=ktjUj9MPIS&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  
<http://comunilife.org/mental-health-services/mental-health-services-2/>

## 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  
<https://jewishboard.org/how-we-can-help/for-a-child>

### **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](http://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](http://www.aboutourkids.org)

**To access this Guide online, utilize the active links and to view periodic updates, go to:**  
[www.samaritansnyc.org](http://www.samaritansnyc.org)