

New York City Guide for Survivors of Suicide Loss

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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 WELL
free, confidential, multi-lingual
crisis prevention, mental health and
substance abuse information; referrals
to mental health professionals; and
assistance in accessing mobile crisis
units. 1-888-NYC-WELL, 24/7
1-888-692-9355 press 3 for Spanish
1-888-692-9355 press 4, Mandarin
nycwell.cityofnewyork.us/en/

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.
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.
suicidology.org/wp-content/uploads/2019/07/25-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/default/files/resource-program/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.
suicidology.org/wp-content/uploads/2019/07/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.
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/mind-and-mood/left-behind-after-suicide

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/

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/resources-programs

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

A Postvention Primer for Providers
overview includes misconceptions, what
not to say, response of law enforcement at
the scene, etc. http://lifegard.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.
save.org/what-we-do/grief-support/explaining-suicide-children/

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.pfw.edu/departments/cepp/depts/hs/centers/bhi/documents/AFSP%20talking%20to%20children%20about%20suicide.pdf

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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.

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.

www.ourhouse-grief.org/grief-pages/grieving-children/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 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.

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>

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.

Touched by Suicide: Hope and Healing After Loss Michael Myers, M.D. and Carla Fine, Doubleday Publishing, NYC, 2006. Drawing on research and first-hand stories, a thorough, poignant book offering guidance to help families cope with a suicide loss.

American Foundation for Suicide Prevention's Books for Survivors 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

Centering Corporation and Grief Digest Magazine - Grief Resources www.centering.org

Alliance of Hope Bookstore www.allianceofhope.org/alliance-of-hope-for-suic/books-for-new-survivors.html

Jesuit Social Services: Nothing Prepared Me For This old.jss.org.au/policy-and-advocacy/publications-and-research/460-nothing-prepared-me-for-this

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

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

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

For ongoing emotional support while coping with your loss, call Samaritans
(212) 673-3000
completely confidential, 24 hours a day

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

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

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/patients-families/bereavement-support/

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
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/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

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/patients-families/bereavement-support/

Communitlife's Life is Precious
free suicide prevention program for Latina adolescents between the ages of 12 and 17. For more information, call Elba Acosta at 917-304-3645. comunilife.org/life-is-precious/la-vida-es-preciosa/

VIDA Guidance Center
free bilingual/bi-cultural psychiatric services to children, adolescents, adults and families in the Bronx. 718-364-7700
www.urbanhealthplan.org/vida-guidance-center/

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)
<https://www.acaringhand.org/group-program>

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

To access this Guide online, utilize the active links and to view periodic updates, go to:
www.samaritansnyc.org