

Suicide Bereavement Resources

A member of my congregation has lost a loved one through suicide. What support and bereavement resources can I share?

[Loving Outreach to Survivors of Suicide \(LOSS\)](#) non-denominational program supports individuals who are grieving the loss of a loved one by suicide.

[Alliance of Hope](#) offers online access to community forums to help prevent suicide as well as supporting survivors of suicide loss.

[988 Suicide & Crisis Lifeline](#) offers a comprehensive directory of support groups for suicide loss survivors that you can look through to find one that best meets your needs.

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

[Suicide Awareness Voices of Education](#) offers a bereavement support group listing.

[Suicide Prevention Resource Center](#) offers a directory of resources for survivors of suicide loss.

[Crisis Connections](#) offers a drop-in support group twice a month for those who have lost a loved one to suicide.

[Speaking of Suicide](#) is an online Facebook suicide survivor page where individuals can share their experiences with suicide.

[The Compassionate Friends](#) is one of the oldest online platforms for bereaved individuals to gather self-help grief support to families struggling with the loss of a loved one due to suicide.

[Healing Conversations](#): Personal support for suicide loss from the American Foundation for Suicide Prevention

[Resources for suicide loss survivors](#) from the Family & Youth Institute, a research and education institute that specializes in the needs of American Muslims.

[Jewish Children and Family Services Chicago](#) offers a Grieving a Loss to Suicide support group.

[Fox Valley Institute](#) offers an online bereavement support group for those who have lost a loved one through suicide.

[Grieving a Loss to Suicide](#), a monthly group for adults navigating the world after the death of a loved one to suicide, offered through JCFS.

Learn about ministering to suicide loss survivors: <https://tinyurl.com/4d8bpuub>



Suicide Prevention Resources

I want to educate my members about suicide prevention. What resources can I share?

- [Centers for Disease Control and Prevention Suicide Resources](#)
- [American Foundation for Suicide Prevention](#)
- [Talk Saves Lives](#)
- Warning Signs of Suicide. What to do if You Suspect Someone is Thinking About Suicide: NAMI. [English version](#). [Spanish version](#)
- [#BeThe1To campaign materials](#).
- [Faith.Hope.Life](#) suicide-prevention campaign for faith communities.
- Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency: NAMI. [English version](#). [Spanish version](#).
- [Mental Health Ministries Suicide Prevention Resources](#)
- [Suicide Prevention Resource Center - Faith Communities Resources](#)
- [The Role of Faith Communities in Suicide Prevention - a Guidebook for Faith Leaders](#)
- [The Family & Youth Institute Suicide Prevention Community Action Guide](#)
- [Soul Shop Faith-Based Suicide Prevention](#)



One of my members is showing warning signs of suicide. How can I help?

Refer your member to any of the following support hotlines:

- [988 Suicide & Crisis Lifeline](#): 988 or 1-800-273-8255
- NAMI Crisis Text Line: Text NAMI to 741-741
- [NAMI Chicago Helpline](#): 833-NAMI-CHI
- [NAMI Southeast Wisconsin](#): 414-257-7222
- [The Friendship Line](#) - 1-800-971-0016
- [Crisis Text Line](#) - HOME to 741741
- [SAMHSA's National Helpline](#) - 1-800-662-HELP (4357)
- [Maternal Mental Health Hotline](#) - 1-833-9-HELP4MOMS

Mental Health Training Resources

I want to become better equipped to respond to someone who is showing signs of suicide and mental distress. What training resources are available?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.



Companionship Training. Developed by Pathways to Promise, Companionship Workshop participants are introduced to the revolutionary Companionship Model, that has five very important tenets—Hospitality, Neighboring, Side-by-Side, Listening, and Accompaniment. The workshop provides participants with an understanding of how to simply be present with those who are experience mental illness or other challenges and to accompany them without trying to fix the situation.

Bridges of Hope is a training to congregations of all faiths, focused on recognizing and responding to the mental health needs of congregations. The training includes the red flags or warning signs that someone needs help and what to do when someone exhibits the warning signs of a mental illness,

Talk Saves Lives: An Introduction to Suicide Prevention. A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

Question, Persuade, Refer (QPR): three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.