

TENNESSEE SUICIDE PREVENTION NETWORK

Survivor of Suicide Loss Resources

The Tennessee Suicide Prevention Network (TSPN) works to eliminate the stigma of suicide, educate the community about the warning signs of suicide, and ultimately reduce the rate of suicide in the state of Tennessee.

- **Tennessee Suicide Prevention Network (TSPN)**
 - <http://tspn.org/>
 - SOS Groups –*Survivor of Suicide* Brochure
 - “*Out of the Shadows*”—Bimonthly Newsletter for Survivors
 - TSPN monthly regional meetings
 - Advocacy
 - Postvention Assistance
 - Technical assistance in best practices for schools, businesses, agencies, etc.
 - Postvention/Prevention Training
 - Resource Directories - Statewide
 - Access to:
 - Online Survivor Support (20+)
 - National organizations
 - Other technical assistance & questions
- **American Association Suicidology (AAS)**
 - <http://www.suicidology.org/home>
 - SOS Groups – Nationwide
 - Resources for Suicide Survivors
 - “*Bibliography*”
 - “*Helping Survivors of Suicide: What can you do?*”
 - *SOS Handbook*”
- **Suicide Prevention Resource Center (SPRC)**
 - <http://www.sprc.org/>
 - “*Suicide Prevention Resources for Survivors of Suicide*”
 - “*After a suicide: a toolkit for schools*”
 - “*After a suicide: Recommendations for religious services and other public memorial observances*”
- **American Foundation for Suicide Prevention (AFSP)**
 - <http://www.afsp.org/coping-with-suicide>
 - “*Surviving a Suicide Loss: A Resource and Healing Guide*”
 - “*Surviving a Suicide Loss: A Financial Guide*”
 - Various other sections for survivors
 - Handling Special Occasions
 - Helping Children Understand
- **Suicide Awareness Voices of Education (SAVE)**
 - <http://www.save.org/>
 - “*Suicide: Coping with the Loss of a Friend or Loved One*”
 - “*After a Suicide: Coping with Your Grief*” Wallet Cards
 - “*Suicide: Survivors – A Guide for Those Left Behind*”
 - Various other sections for survivors
 - “*When the Worst Has Happened – Suicide Survivors*”
 - “*What to Tell Children*”
 - “*Grief After Suicide*”
 - “*Responding to Suicide Survivors*”
 - “*People Grieve Differently*”



www.tspn.org



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- **Substance Abuse & Mental Health Services Administration - (SAMHSA) - Publications**
 - <http://www.samhsa.gov/>
 - “A Guide for Funeral Directors: Supporting Survivors of Suicide”
 - “2012 National Strategy for Suicide Prevention”
 - “National Suicide Prevention Lifeline Network (NSPL)” Wallet Cards
 - “Preventing Suicide: A Toolkit for High Schools”
 - 63 other products related to suicide prevention
- **Grief After Suicide Literature for Survivors**
 - “Dying to Be Free”, By Bev Cobain
 - “My Son, My Son”, By Iris Bolton
 - “No Time to Say Goodbye: Surviving the Suicide of a Loved One”, By Carla Fine
 - “Touched by Suicide: Hope and Healing After Loss”, By Dr. Michael Myers and Carla Fine
- **Grief After Suicide Online Support Groups**
 - Parents of Suicides/Family & Friends of Suicide (POS)/(FFOS) -- <http://www.pos-ffos.com/>
 - Suicide Grief Support Forum -- <http://www.suicidegrief.com/>
 - Compassionate Friends -- <http://www.compassionatefriends.org/home.aspx>
- **Grief After Suicide Literature for Counselors**
 - “Grief After Suicide: Understanding the Consequences and Caring for Survivors”
By John R. Jordan & John L. McIntosh
 - “Why People Die by Suicide”, By Thomas Joiner

