

Resources

Healing Conversations

Our trained volunteers have experienced suicide loss themselves, and are available to visit with you by phone, through video chat, or in person to help guide you in the aftermath of a suicide. Learn more at afsp.org/HealingConversations.

International Survivors of Suicide Loss Day

On Survivor Day, people all over the world gather at local events to find comfort and healing and hear stories of resilience and hope through AFSP's documentaries that show how loss survivors can find meaning in their lives while celebrating those they've lost. Learn more at afsp.org/SurvivorDay.

Suicide Loss Survivor Support Groups

AFSP maintains an online directory of support groups so you can easily find groups in your community. Learn more at afsp.org/SupportGroups.

Books about Suicide Loss

Find recommended books about suicide, suicide prevention, and suicide loss at afsp.org/books.

Lifekeeper Memory Quilts

Our memory quilts – both physical and digital – allow suicide loss survivors to share stories of their loved ones through individual memorial squares. Learn more at afsp.org/quilt.

Surviving a Suicide Loss: Resource and Healing Guide

This guide provides support, resources, and tools to foster hope and healing for suicide loss survivors. It contains practical information as well as stories from experts and fellow loss survivors. Learn more at afsp.org/survivingasuicideloss.



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After a Suicide



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