

# Internet Suicide Survivor Resources

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## "Suicide Survivor"

An individual who remains alive following the suicide death of someone with whom they had a significant relationship or emotional bond

[John L. McIntosh, PhD](#)

## Readings

[www.suicidology.org/c/document\\_library/get\\_file?folderId=229&name=DLFE-73.pdf](http://www.suicidology.org/c/document_library/get_file?folderId=229&name=DLFE-73.pdf)

Published by the American Association of Suicidology in 2003, this link directs you to a 36 page book titled *SOS: A Handbook for Survivors of Suicide*. Written by Jeffery Jackson, this book is written "for people who have lost a loved one to suicide, written by someone who has suffered the same loss" (p. ii).

[www.suicidology.org/c/document\\_library/get\\_file?folderId=229&name=DLFE-82.pdf](http://www.suicidology.org/c/document_library/get_file?folderId=229&name=DLFE-82.pdf)

Published by the American Association of Suicidology, this 3 page *Survivors Fact Sheet* was published in 2007

## Support Groups

[http://www.afsp.org/index.cfm?page\\_id=FEE33687-BD31-F739-D66C210657168295](http://www.afsp.org/index.cfm?page_id=FEE33687-BD31-F739-D66C210657168295)

Sponsored by the American Foundation for Suicide Prevention, this link direct you to a discussion and directory (by state) of suicide survivor support groups.

## Web Pages

<http://suicidal.com/depressionlinks/soslinks/>

Sponsored by Suicidal.com, this web page includes a collection of resources for the survivors of suicide.

<http://www.save.org>

Sponsored by SAVE (Suicide Awareness Voices of Education), this web page has a variety of resources for suicide survivors including the link "coping with loss." From this link you can access the following papers: "When the Worst Has Happened," "What to Tell Children," "Grief After Suicide," "People Grieve Differently," "Responding to Survivors," "Support Groups," and "Personal Stories."

[http://my.webmd.com/hw/mental\\_health/shc54.asp](http://my.webmd.com/hw/mental_health/shc54.asp)

Sponsored by WebMD Health, this web page provides the contact information for a number of different suicide prevention associations (e.g., American Association of Suicidology, American Foundation for Suicide Prevention, etc).

Suicide Survivors

<http://www.survivingsuicide.com/index.htm>

Sponsored by Surviving Suicide, this is “a web site for healing after the loss of a loved one by suicide.” Includes “This Survivor Support Links”

<<http://www.survivingsuicide.com/links.htm>> which provides “links to other healing web sites.”

<http://www.preventsuicidenow.com/suicide-survivors.html>

Sponsored by Prevention Suicide Now.com, this link provides suicide survivors resources and information. In addition to a directory of suicide survivor support groups, the web page addresses the following topics:

What Should I do After a Suicide?

The Suicide was not Your Fault.

Coping With the Emotional Pain.

How to Cope with Holidays, Birthdays, and Anniversaries.

What to Do if You Feel Suicidal.

Take it One Day at a Time.

Dealing with Stigma, Ignorance, and Insensitivity

The Importance of Joining a Suicide Survivor Support Group

[http://www.spanusa.org/index.cfm?fuseaction=home.viewPage&page\\_id=98BE2BF9-0394-53C1-6B976838EC64BE5C](http://www.spanusa.org/index.cfm?fuseaction=home.viewPage&page_id=98BE2BF9-0394-53C1-6B976838EC64BE5C)

Sponsored by the Suicide Prevention Action Network (SPAN) USA, this link provides suicide prevention and survivor resources.

<http://suicideandmentalhealthassociationinternational.org/Survivors.html>

Sponsored by The Suicide and Mental Health Association International, this link provides access to the association’s survivor division.