

SURVIVOR SUPPORT GROUPS

Suicide takes the lives of about 30,000 Americans each year. Each of these deaths reverberates through families, workplaces, schools and universities, religious organizations, and the other social networks in our lives. Those left behind after the suicide of a family member, friend, or colleagues are referred to as "survivors." Surviving a suicide can be a struggle. But you are not alone in this struggle. Others have been through it and have created resources to help.

Support Groups (in person and online)

Survivor support groups give individuals a safe environment in which to listen and share their experiences and grief with others in similar situations. Most suicide survivor support groups are facilitated by a survivor of suicide. For some survivors, involvement in a support group may be a short-term need, while for others the need may be ongoing. Involvement in a support group can begin soon after the suicide of a loved one, or in some cases, long after the suicide has occurred. Individuals who are experiencing profound grief may also want individual counseling.

American Association of Suicidology (AAS) - Directory of Support Groups

<http://www.suicidology.org/displaycommon.cfm?an=1&subarticlenbr=55>

A listing of support groups by state, also includes support groups in Canada.

5221 Wisconsin Avenue, NW

Washington, DC 20015

Phone: (202) 237-2280

American Foundation for Suicide Prevention (AFSP) - Directory of Support Groups

http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FEE33687-BD31-F739-D66C210657168295

A search tool to find support groups by state.

120 Wall Street, 22nd Floor

New York, NY 10005

Toll-free: 1-888-333-AFSP

Phone: (212) 363-3500

Helping Others Prevent & Educate about Suicide (HOPES)

<http://www.hopes-wi.org/WISurvivorGroups.htm>

A list of support groups by city in Wisconsin.

1902 Tarragon Drive

Madison, WI 53716

Phone: (608)274- 9686

These suggestions were compiled from a variety of sources including:

Suicide Prevention Resource Center www.sprc.org