

GRIEF RESOURCES: A place to start

After the loss of your loved one, you will experience a variety of different and intense emotions. Searching for assistance to help cope with those emotions can feel overwhelming. Know that you are not alone in the way that you are feeling. Utilize this sheet as a place to start educating yourself and getting connected. Our Survivors Joining for Hope team is here to help you find resources that work for you on your journey of grieving. All the resources on this list are available to you online for free.

General information about grief and losing a loved one to suicide

- **Grief after suicide resources** - [Tips for Coping With Suicide Loss - SAVE](#)
 - Webpage with informational flyers about grief and loss, suicide FAQs and more.
- **Suicide loss online support series** - [Free Suicide Loss Support Series \(davidkesslertraining.com\)](#)
 - Free 3-week educational video series about suicide grief and how to start your healing journey.
- **Informational article** - [Letter to the Newly Bereaved | Alliance of Hope for Suicide Loss Survivors](#)
- **Practical info for after loss** - [Practical Information for Immediately After a Loss | AFSP](#)
- **Daily encouragement emails on the topic of grief** - ["A Season of Grief" daily emails - GriefShare](#)
- **Blog articles on general and specific grief related topics** - [I Am Grieving - Whats your Grief](#)
- **Downloadable PDF to give to friends and family** - [Your-Friend-is-Grieving.pdf \(dougy.org\)](#)

Finding support

The grief associated with suicide loss can feel incredibly isolating. Others who have experienced a similar loss as you have found comfort in having a space to connect with others who are grieving. We highly recommend finding a support group to help you through your journey of grief. Some groups are specific to suicide loss survivors, others are relationship specific such as the loss of a partner or child, and others are for grief support in general. You can join groups in person or virtually, locally, or nationwide. There are no rules about which group or how many groups to attend or try; find what feels best for you.

- **Alliance of Hope** - [Find Support | Suicide Loss Resources | Alliance of Hope](#)
 - 24/7 online community forum and other supportive resources.
- **AFSP National Support Group Search Tool** - [Find a support group | AFSP](#)
 - Please note that the information is not always up to date. We recommend reaching out to the facilitator first to get the most up-to-date information.
- **Online Grief Community and Educational Series** - [Tender Hearts \(davidkesslertraining.com\)](#)
- **Email Support Groups** - [GriefNet.org - A Community of Persons Dealing With Grief, Death, and Major Loss \(rivendell.org\)](#)

Note: If you live in SD, MN or IA, our Survivors Joining for Hope program team can help you get connected to local support groups and therapist referrals, as well as provide financial assistance for specific needs. Learn more at [Survivors Joining for Hope | Lost&Found \(resilienttoday.org\)](#)