

Survivor Support Resources

National Suicide Prevention Lifeline 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

T.A.P.S. – Tragedy Assistance Program for Survivors

TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death. If you are suffering the loss of a military loved one, or if you know someone who can use our support, please call the toll-free hotline now: 1-800-959-TAPS (8277).

www.taps.org

American Foundation for Suicide Prevention (AFSP)

AFSP reaches out to survivors of suicide loss with two goals in mind: To offer the support that is so vital, particularly to the newly bereaved & to provide opportunities for survivors to get involved, through a wide variety of educational, outreach, awareness, advocacy and fundraising programs

Please go to their website for a State by State directory of Support groups

www.afsp.org

Catholic Charities LOSS – Loving Outreach to Survivors of Suicide

The LOSS (Loving Outreach to Survivors of Suicide) Program is a support group for those who are grieving a death by suicide of a family member or close friend. The LOSS Program is a non-denominational program offered by Catholic Charities of the Archdiocese of Chicago in collaboration with the Diocese of Joliet. LOSS also offers programs for children and youth.

721 N LaSalle Chicago, Illinois 60654 (312) 655-7283

www.catholiccharities.net/loss

The Dougy Center – The National Center for Grieving Children & Families

National directory of general bereavement groups for children and teens, plus other helpful resources for helping children.

www.dougy.org

Survivors of Suicide

www.survivorsofsuicide.com

SAVE: Suicide Awareness Voices of Education

www.save.org

Survivor Outreach Services (SOS)

Financial Counselors available

www.MYARMYOneSource.com – Click on Family Programs & Services

If you have any questions about these resources or need additional assistance, please contact the Suicide Prevention Coordinators at Hines VA:

Carlos Anchondo, LCSW	708.202.4096
Mariann Blacconiere, LCSW	708.202.2107
Anita Carmona, LCSW	708.202.4096

Suggested Readings

- *No Time To Say Goodbye: Surviving the Suicide of a Loved One*
Carla Fine
- *My Son...My Son: A Guide to Healing After Death, Loss, or Suicide*
Iris Bolton & Curtis Mitchell
- *When Bad Things Happen to Good People*
Harold S. Kushner
- *Glad No Matter What: Transforming Loss and Change into Gift and Opportunity*
SARK
- *If I should die, I should live*
Joanne Marxhausen
- *Breaking the Silence: A Guide to Helping Children with Complicated Grief- Suicide, Homicide, AIDS, Violence and Abuse*
Linda Goldman
- *Before their Time: Adult Children's Experience of Parental Suicide*
Mary and Maureen Stimming
- *Healing After the Suicide of a Loved One*
Ann Smolin, CWS and John Guinan, PhD.
- *Do They Have Bad Days in Heaven: Surviving the Suicide Loss of a Sibling*
Michelle Linn-Gust, M.S.
- *Grief Therapy*
Karen Katafiasz