

Resources for Suicide Loss Survivors



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The following list of resources can help those bereaved by suicide loss understand their grief, know that they are worthy of support, and that there is hope for acceptance and healing.

Please reach out to NAMI Minnesota at the phone numbers above or by email to spc@namimn.org if you would like additional support or would like these resources in a different format.

Resource	How to access / Web Address	QR Code
NAMI Minnesota Bereavement Packet (contains factsheets about suicide, grief, and support that many loss survivors have found helpful)	We will mail a packet to loss survivors or those who support loss survivors. Call 651-645-2948 or email spc@namimn.org	
"Coping with Suicide Loss" from NAMI New Hampshire, one of the national leaders in suicide loss support and resources	https://www.naminh.org/sos/	
NAMI Minnesota Factsheet Talking with Children about Suicide	https://namimn.org/education-and-public-awareness/suicide-prevention/ (scroll down the page to "Helpful Factsheets")	
Writing the Obituary: Where to Start from Alliance of Hope	https://allianceofhope.org/find-support/for-new-survivors/writing-the-obituary-where-to-start/	
T.A.P.S. Tragedy Assistance Program for Survivors- Specific support for military personnel, veterans, and their families.	https://www.taps.org/suicide	

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AFSP Surviving a Suicide Loss Resource and Healing Guide	afsp.org/ive-lost-someone/ (scroll down to the Healing Guide)	
AFSP Healing Conversations (Connect with a trained loss survivor who has been in your shoes and offers understanding, compassion, and support.)	afsp.org/healing-conversations/	
AFSP Support Group Database (search for support groups for suicide loss survivors; many groups are listed in Minnesota)	afsp.org/find-a-support-group/	
Children, Teens, and Suicide Loss booklet from AFSP	afsp.org/ive-lost-someone/ (scroll down to the booklet; a Spanish version is also available)	
The Dougy National Grief Center for Children and Families Offers a wealth of information and activities for children and teens who are grieving, organized by age group	www.dougy.org	
Brighter Days Grief Center A Twin Cities based non-profit that assists children, families, and adults who are grieving a loved one's death. Offers free short term grief counseling, support groups, resources, camps for children and teens, and referrals for longer term grief counseling.	https://brighterdaysgriefcenter.org/	