



Suicide Postvention Support Resources

Crisis Intervention Supports

Suicide Prevention Lifeline 988

Crisis Text Line- text CT to 741-741 (text HOME not CT)

CT 211 to connect to mobile crisis support

Western CT Mental Health Network-

<https://portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN---Homepage>

911 for emergencies

Support Groups and Counseling

Alliance of Hope

[Find Support | Suicide Loss Resources | Alliance of Hope](#)

American Foundation for Suicide Prevention:

<https://afsp.org/>

- Click [here](#) to connect to their support groups and one-on-one support for survivors of suicide loss
- They also provide a list of Suicide Bereavement Trained Clinicians (by state). Click [here](#)

Connecticut Network of Care- committed to promoting access to behavioral healthcare information to all residents of CT

<https://connecticut.networkofcare.org/mh/index.aspx>

connecticut.networkofcare.org/mh/suicide/index.aspx?k=suicide&z=&r=500

[uicide&z=&r=500](https://connecticut.networkofcare.org/mh/suicide/index.aspx?k=suicide&z=&r=500)

NAMI (National Alliance on Mental Illness) Support Groups

[NAMI Family Support Group - NAMI Connecticut](#)

[\(namict.org\)](http://namict.org)

<http://namict.org/find-support/support-groups/>

Toivo Support Groups (TOIVO is a peer-run non-profit initiative focused on well-being in CT)

toivocenter.org/what-we-offer/support-groups/

Grief Supports:

Healing Hearts Center for Grief and Loss

[Healing Hearts Program | Serving CT & NY | Greater Danbury \(regionalhospicect.org\)](#)

Grief Recovery

[griefrecoverystartshere.com/](#)

Survivors of Suicide Loss Resources**Helpful Articles by Topic:**

[How to Talk about the Suicide of your Loved One](#)

[Writing The Obituary: Where To Start | Alliance of Hope](#)

[Unwritten Goodbyes: When there is no Suicide Note](#)

[“If Only”: Self-Blame After a Loved One’s Suicide](#)

[Supporting Children and Teens after a suicide death](#)

[After a Suicide, Sibling Survivors are Often Overlooked](#)

Websites to visit:

[American Foundation for Suicide Prevention](#)

[American Association of Suicidology](#)

[Survivors of Suicide](#)

[Alliance of Hope for Suicide Loss Survivors](#)

[Speaking of Suicide](#)

[CT Suicide Advisory Board](#)

Placeholder for local places of worship

Placeholder for local funeral homes

2-Pocket Folder Contents (to be printed)

SOS: A Handbook for Survivors of Suicide: (this book can be purchased and inserted into folder)

https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

In Spanish: https://suicidology.org/wp-content/uploads/2019/07/SOS_Espanol.pdf (only available in a download.

2-page Toolkit:

<https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>

25 Suggestions for Survivors: (1 page)

<https://suicidology.org/wp-content/uploads/2019/07/25-Suggestions-For-Survivors.pdf>

Best practices for speaking about your loss: (5 pages)

https://suicidology.org/wp-content/uploads/2019/07/Best_Practices_Presentations_Suicide_Loss_Suicide_Attempt_Survivors.pdf

Letter to the Newly Bereaved: (a web link) *(pdf made and uploaded)*

<https://allianceofhope.org/find-support/letter-to-the-newly-bereaved/>

Ten Things that Help: (web link) *(pdf made and uploaded)*

<https://allianceofhope.org/find-support/things-that-help/>

What to Tell Children of a Loved One's Suicide: (web link) *(pdf made and uploaded)*

<https://www.speakingofsuicide.com/2013/05/05/what-to-tell-children/>