

Suicide Prevention & Crisis Services

- 24 Hour Suicide Prevention & Crisis Line (916) 368-3111
- Crisis Response
- Clinical Support Group for Survivors
- Acute Bereavement Counseling
- Individual Counseling Services
- Information, Resources, and referral for survivors of suicide loss
- Additional outreach including speakers, training, and educational workshops

To learn about any of the services above, please call 916-368-3118



The Family Lifeline Since 1953

1820 J Street, Sacramento, CA 95814
916-368-3118
Fax 916-313-8489
www.TheEffort.org

LOCAL Resources for Suicide Loss

Suicide Prevention & Crisis Services
www.theeffort.org (916) 368-3118

Friends for Survival
www.friendsforsurvival.org
(916) 392-0664

Compassionate Friends (loss of child)
www.thecompassionatefriends.org

National Resources for Suicide Loss

American Association of Suicidology
www.suicidology.org

Survivors of Suicide
www.survivorsofsuicide.org

If you or someone you know are suicidal or in need of grief support, please call 916-368-3111

Memorial donations can be mailed to:

1820 J Street

Sacramento, CA 95811

*designate "Suicide Prevention"

Suicide Prevention & Crisis Services

...a program of The Effort



Surviving Suicide Loss

Crisis Line: 916-368-3111



Suicide Prevention and Crisis Services

After a suicide loss...

Surviving suicide loss can be a challenging journey – and we want you to know that you are not alone. The pain and devastation felt after a suicide loss can be intense. Loved ones and friends are left trying to find an answer to the question most face after a suicide – WHY? The sad truth is that one may never know the answers. It is common for survivors to experience intense emotional reactions in response to their loss that might include any or all of the following:

SHOCK GUILT

CONFUSION DESPAIR GRIEF

DEPRESSION ANGER CONFUSION

RELIEF GUILT

PHYSICAL REACTIONS

ANXIETY SHAME DENIAL

ABANDONMENT SELF-BLAME



Grief after a suicide loss

Those who survive the suicide loss of a loved one suffer a traumatic and profound loss. This exposure to suicide can also put them at higher risk of suicide in the future. Due to the nature of the death, many feel a sense of shame or stigma and isolation. Friends, family, and others in the lives of survivors sometimes have judgmental attitudes or beliefs about suicide that only serve to intensify the loss and pain.

After a suicide, emotional reactions are often magnified; shock and denial are common, and there is sometimes a perceived need to find blame or responsibility to somehow make sense of this senseless loss. It just doesn't make sense. Suicide is not about dying – suicide is a tragic attempt to end unbearable emotional pain.

Barriers to healing after a suicide loss include denial, self-blame, substance abuse or misuse, putting undue pressure on oneself (or pressure from others) to feel better than you really feel or “finish” grieving and move on. Grief is a process – a journey, and each person grieves in a unique way, though there are similarities and patterns. There is no “right” way to mourn. Resist the pressure to push through the process at a faster pace than you are comfortable with. Give yourself and your loved ones the gift of time to grieve.

Healing

Know that healing is possible.

Allow each person to grieve in their own way. Let the tears come when they might. Consider delaying any major life decisions until a later time.

In the beginning, take one day at a time

Talk about suicide – it breaks the silence and reduces the shame and stigma so many feel.

Be honest about what happened. Plan for how you will cope with holidays and anniversaries.

Be gentle with yourself – and with others who are grieving this loss.

Stay connected with others

Sometimes the shame or stigma associated with suicide prevent survivors from reaching out to others for support. It is important to stay connected to friends, family, and others during your time of grief. Some find grief support groups to be helpful. Some draw upon their faith community for strength. You are not alone.

Seek professional support if needed

Survivors can be at additional risk of suicide. If you, or someone you know of, begin to have symptoms of a clinical depression or thoughts of suicide, seek the professional support of a physician, counselor, or Suicide Prevention Crisis Line for emotional support and grief resources.

You are not alone

If you or someone you know are suicidal or in need of grief support, please call 916-368-3111.



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