



There is no set timeline for healing.

Everyone grieves at their own speed and in their own way. Give yourself time to heal and understand that your grieving process may be different from those around you, and that's okay.

The most important thing to remember is that no matter what you're feeling, you're not alone.

Hopefully, these resources will make your grieving process a little easier during this difficult time.

Grief Support Resources for Survivors of Suicide Loss

Resources and support for those who have lost a loved one to suicide



National and Online Resources

American Foundation for Suicide Prevention

www.afsp.org

AFSP Survivor Outreach Program: Peer Support for Survivors of Suicide Loss

www.afsp.org/coping-with-suicide-loss/find-support/survivor-outreach-program

American Association of Suicidology

www.suicidology.org

Bereaved Parents of the USA

www.bereavedparentsusa.org

Dougy Center for Grieving Children and Families

www.dougy.org

Trevor Project Lifeline for LGBTQ Youth

www.thetrevorproject.org/section/get-help

Call the Trevor Lifeline at 866-488-7386

Veterans Crisis Line

www.veteranscrisisline.net

Call 1-800-273-8255 and Press 1



State and Local Resources

Support Groups

Avon

Survivors of Loss by Suicide

Avon Free Public Library, 281 Country Club Road

Contact: Gary Gianini, (860) 655-1562

Fee: No

Danbury

Survivors of Suicide Loss Support Group

Healing Hearts Center for Grieving Children and Families, 30 Milestone Road

Contact: Sherry Renne, LCSW, (203) 702-7421

Fee: No

Dayville

Particle Accelerator Suicide Survivors Alliance for Grief Education and Support (PASSAGES)

United Service, Inc., 1007 North Main Street, Rm. 17

Contact: Grace Young, (860) 928-5882

Fee: No

East Haven

Suicide Survivor Support Group

Hagaman Library, 227 Main Street

Contact: Judy Murray, (203) 376-3905

Fee: No

New Haven

Surviving Suicide

Mary Wade Home, 118 Clinton Avenue

Contact: Barbara Melotto, (203) 865-4214

Fee: No

Old Lyme

SECT Survivors of Suicide Loss

Old Lyme Youth Center Office Building, 59 Lyme Street

Contact: Ann Dagle, (860) 625-5280

Fee: No

Seymour

Survivors of Suicide

Seymour Congregational Church, 15 Broad Street

Contact: Vivian Michaels, (203) 264-5613 or

Debby Morgia, (203) 283-5935

Fee: No

South Windsor

The Anchor Survivors of Loss to Suicide

Colonial Point Christian Church, 855 Chapel Road

Contact: Nancy Cayward (860) 654-0045

Fee: No

West Hartford

Safe Place

St. James Episcopal Church, Parish Room, 1018 Farmington Avenue

Contact: Cathy Hanelt, (860) 589-9738

Fee: No

Westport

Survivors of Suicide Loss

Christ and Holy Trinity Church, Mackenzie House, 55 Myrtle Avenue

Contact: Diane Saslow (203) 380-0020 or

Marilyn Wiegman, (203) 400-2453

Fee: No

