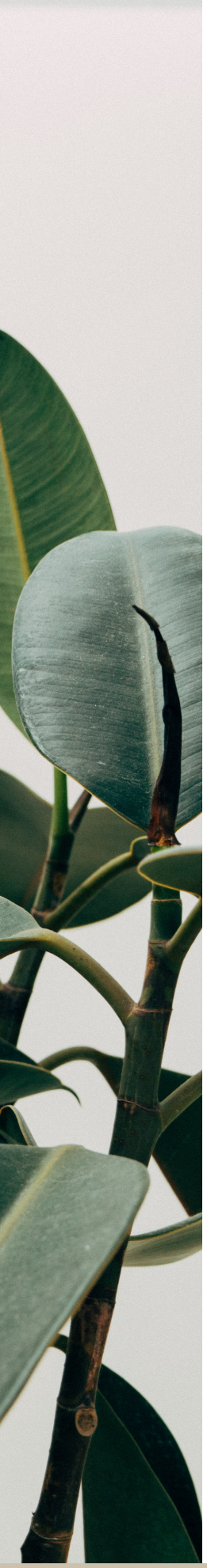


Marin County Suicide Prevention Collaborative
Resources for Teens and Families Bereaved by Suicide

Beyond Surviving: Suggestions for Survivors

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- **Know you can survive; you may not think so, but you can.**
- **Struggle with "why" it happened until you no longer need to know "why" or until you are satisfied with partial answers.**
- **Know you may feel overwhelmed by the intensity of your feelings but that all your feelings are normal.**
- **Anger, guilt, confusion, and forgetfulness are common responses. You are not crazy; you are in mourning.**
- **Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's O.K. to express it.**
- **You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.**
- **Having suicidal thoughts is common. It does not mean that you will act on those thoughts.**
- **Remember to take one moment or one day at a time.**
- **Find a good listener with whom to share.**
- **Call someone if you need to talk.**
- **Don't be afraid to cry. Tears are healing. Give yourself time to heal.**
- **Remember, the choice was not yours. No one is the sole influence on another's life.**
- **Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.**
- **Try to put off major decisions.**
- **Give yourself permission to get professional help.**
- **Be aware of the pain in your family and friends.**
- **Be patient with yourself and others who may not understand.**



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Beyond Surviving: Suggestions for Survivors Continued

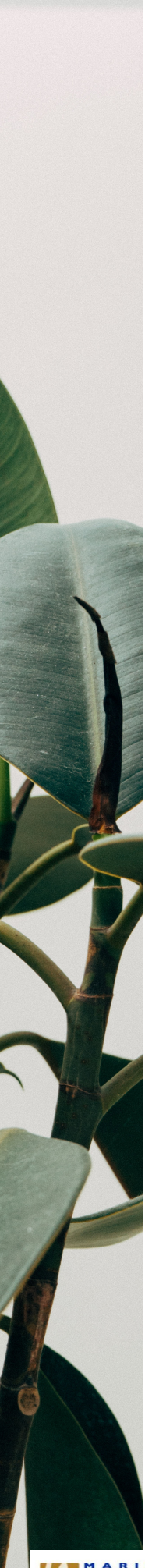
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- **Set your own limits and learn to say no.**
- **Steer clear of people who want to tell you what or how to feel.**
- **Know that there are support groups that can be helpful, such as Buckelew Programs SOS Allies for Hope Loss Survivor's Support Group or Compassionate Friends or Survivors of Suicide groups.**
- **Call on your personal faith to help you through.**
- **It is common to experience physical reactions to your grief, such as headaches, loss of appetite, or inability to sleep.**
- **The willingness to laugh with others and at yourself is healing.**
- **Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.**
- **Know that you will never be the same again, but you can survive and even go beyond just surviving.**

Book Suggestions

- **Auerbach, Susan I'll Write Your Name on Every Beach: A Mother's Quest for Comfort, Courage and Clarity after Suicide Loss. Philadelphia: Jessica Kingsley, 2017.**
- **Bolton, Iris Voices of Healing and Hope: Conversations on Grief after Suicide. Atlanta, GA: Bolton Press, 2017.**
- **Bolton,Iris My Son...My Son: A Guide to Healing After Death, Loss or Suicide Atlanta. GA:Bolton Press, 1983.**
- **Rubel, Barbara. But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors. Griefwork Center, Inc. 2000.**
- **Wittberger, P., & Wittberger, R. (2004). When a child dies from drugs: Practical help for parents in bereavement. Chula Vista, CA: Xlibris Corporation.**

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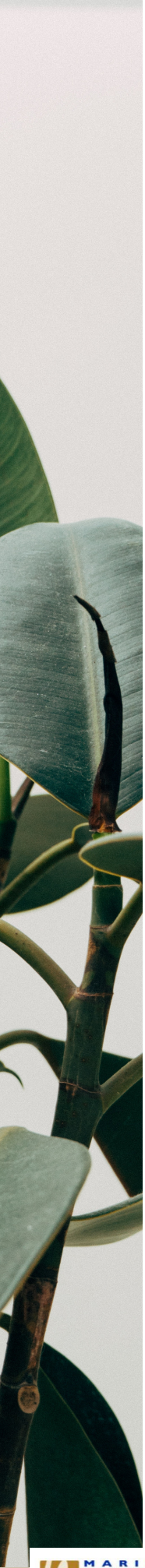
Ways to Connect with Other Loss Survivors or Support Groups

Local

- **Behavioral Health and Recovery Services:** Provides counseling services, support, and resources in Marin County.
  - https://www.bhrsprevention.org/ | BHRSPreventionandOutreach@marincounty.org
- **Buckelew Programs SOS Allies for Hope:** Meets the 2nd and 4th Wednesday of every month at 7-8:30 pm (Virtual).
  - https://buckelew.org/event/survivors-of-suicide-bereavement-support-group-virtual/all/ | (415) 492-0614 | SOSinfo@buckelew.org
- **By the Bay (formerly Hospice By the Bay):** provides grief counseling and other services for families who have experienced the loss of a loved one.
  - https://bythebayhealth.org/grief-support/ | (415) 526-5699
- **Josie's Place, Grief support for Children:** facilitated peer-support groups to children and teens in the San Francisco Bay Area who are grieving the death of a parent, sibling, close relative or friend.
  - https://josiesplace.org/ | (415) 513-6343 | email: info@josiesplace.org
- **Pathways Bereavement Support:** Serves the San Francisco Bay Area providing grief counseling, support and workshops.
  - https://pathwayshealth.org/grief-support/ | (888) 978-1306
- **Compassionate Friends of Marin:** provides friendship, understanding, and hope to those going through the natural grieving process.
  - http://www.tcfmarin.org/home.aspx | (415) 457-3123 | nationaloffice@compassionatefriends.org

National

- **Uniting for Suicide Postvention (USPV)**
  - https://www.mirecc.va.gov/visn19/postvention/
- **American Foundation for Suicide Prevention (AFSP)**
  - https://afsp.org/find-support/ive-lost-someone/
- **American Association of Suicidology (AAS)**
  - https://suicidology.org/resources/suicide-loss-survivors/
- **Suicide Prevention Resource Center (SPRC)**
  - https://www.sprc.org/
- **Samaritans Grief Support Services**
  - https://samaritanshope.org/our-services/grief-support/
- **Alliance of Hope-Consultations/Counseling**
  - https://allianceofhope.org/find-support/consultations/



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Ways to Connect with Other Loss Survivors or Support Groups

If you or someone you know needs support:

Emergency

- Call 911 immediately and stay with person in need of support until help arrives; or
- Proceed to the nearest Emergency Room.

Non-Emergency

- Marin Mobile Crisis Response Team (MCRT) (415) 473-6392
  - Monday through Friday 8 a.m. – 9 p.m.
  - Saturday from 11:00 a.m. - 9:00 p.m.
- Marin BHRS Access Team (24/7) (888) 818-1115
- Marin Crisis Stabilization Unit | Psychiatric Emergency Services (415) 473-6666
- Kaiser San Rafael Psychiatry Department (415) 491-3000
- Huckleberry Youth Programs Counseling (sliding scale) (415) 745-0867
- Trevor Project (LGBTQ+) (866) 488-7386

Crisis Hotlines

- Crisis Text Line — Text MARIN to 741741
- Marin Suicide Prevention & Crisis Hotline — (415) 499-1100
- California Youth Crisis Line — 1-800-843-5200
- National Suicide Prevention Hotline — 1-800-273-8255 or Text ANSWER to 839863

Outside of the Bay Area

- Alliance of Hope for New Survivors
  - https://allianceofhope.org/find-support/for-new-survivors/
- Alliance of Hope Counseling & Consultation Services
  - https://allianceofhope.org/find-support/consultations/
- American Foundation for Suicide Prevention's Children, Teens and Suicide Loss
  - https://4clhdy3kx49m20a5xz4504f1-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/Children-Teens-and-Suicide_loss.pdf

Other Resources for Families

- Returning to School After a Suicide Loss: for Younger Children
  - https://afsp.org/story/returning-to-school-after-a-suicide-loss-for-younger-children
- Returning to School After a Suicide: Loss for Teens
  - https://afsp.org/story/returning-to-school-after-a-suicide-loss-for-teens
- What To Do If Your Family Won't Talk About Your Suicide Loss
  - https://afsp.org/story/what-to-do-if-your-family-won-t-talk-about-your-suicide-loss
- How to Help your Teen Cope When Tragedy Hits
  - https://www.teenlineonline.org/parents/95-2/