



2023
GRIEF
TALKS
CONFERENCE

To Confirm Your Attendance,
Please Text **QUVFEK** to **412-301-9919**

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Suicide Loss Survivor, You Are Not Alone

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Former Suicide Prevention Action Network (SPAN) Idaho, **Executive Director**
Survivor of Loss to Suicide



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today are survivors to
suicide loss?

What is your interest
today?



Please take the poll and submit.

Results.



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Today's Agenda

- Learn about suicide loss and the difficult path of understanding our loved one's decision to end their life.
- Understand you are not alone in your grief and how to lessen the stigma that often comes with a death by suicide.
- Learn about the importance of support groups both in person and virtually as they provide coping skills to reduce the impact of suicide loss grief. And, discovering how resources that are specific to suicide loss, can help survivors turn their grief into something courageous and useful.

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Introduction

A suicide death casts a heavy burden on survivors. Many of us know very little about mental illness or the warnings signs of suicide.

And when thrust suddenly into this loss, how will we cope? Survive?

Or have meaning of life ever again?

How can you support someone who is experiencing this new chapter and provide kindness, gentleness and understanding and instill hope to the bereaved? What will your role be as a helper?

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Topic One



The suicide death and the grief that follows.
And the questions that come.
How will I endure it all?



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Topic Two



Many have come before you.

Finding out that you are not alone and connecting with other survivors who can be supportive.

YOU'RE
not alone

A small, simple line-art icon of a leaf with a stem and a small crossbar.

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Topic Three

Support Groups

Resources

Advocacy



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The Journey of Healing

There are as many paths to healing as there are those who are hurting and grieving. You will take the journey that you need to take. It is yours.



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Resources for suicide prevention and postvention



· Idaho Lives Project
www.idaholives.org



· SAMSHA, Substance Abuse and Mental Health Services Administration
www.samhsa.gov



· SPRC, Suicide Prevention Resource Center
www.sprc.org



· AFSP, American Foundation for Suicide Prevention
www.afsp.org



· AAS, American Association of Suicidology
www.suicidology.org



· Alliance of Hope
www.allianceofhope.org



· High Mark Caring Place
www.highmarkcaringplace.com

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Suicide & Crisis Lifeline



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The Survivor Tree

Oklahoma City, Oklahoma

1995

1995

2004

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Summary

Healing from the impact of suicide loss is possible and attainable.

There are good people around us that care and want to help.

You are not alone!

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Questions

What questions do you have?

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Thank you

Jeni Griffin

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