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

CT 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

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