

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

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

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

