



Family Connections™ MANAGING SUICIDALITY & TRAUMA RECOVERY

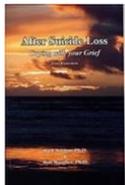
Websites

[American Foundation for Suicide Prevention](#) is a non-profit based in New York City, with a public policy office in Washington, D.C., and local chapters. In addition to listing valuable resources for survivors of suicide loss, AFSP offers:

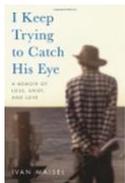
- Support groups
- Out of the Darkness Walks
- International Survivors of Suicide Loss Day events
- [AFSP Resource and Healing Guide](#)
- The Lifekeeper Memory Quilts project
- A list of bereavement-trained clinicians

[Emotions Matter](#) is a non-profit organization that provides support, education, and advocacy for people impacted by BPD. It offers a loss/bereavement support group for individuals who lost someone who lived with BPD.

Books



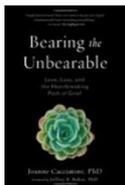
Jordan, Jack and Baugher, Bob (2016). *After Suicide Loss, Coping with your Grief*



Maisel, Ivan (2021). *I Keep Trying to Catch His Eye: A Memoir of Loss, Grief, and Love*



Haig, Matt (2015). *Reasons to Stay Alive*



Cacciatore, Joanne and Rubin Jeffrey (2017). *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief*

*Note: You can find a comprehensive list of books on the [AFSP website](#)

After a Suicide Loss Resources

Losing a loved one to suicide is one of life's most painful experiences.

When someone dies by suicide, the feelings of sadness, loss, and loneliness accompanying any death are often amplified by guilt, shame, anger, and confusion (to name a few).

This list of resources was lovingly compiled by a parent who experienced the suicide of an adult child. It is intentionally brief, and it is in no way a comprehensive list. NEABPD is sharing these resources in the hope they may help you and your family navigate this difficult and sad time. For more resources, we recommend you visit the [American Foundation for Suicide Prevention](#).

Podcasts



Charlie Swenson podcast: To Hell and Back
Episodes 96, 97, 99, 100, 105.



Megan Devine podcast: Here After @refugeingrief

Movies



Rabbit Hole, a film by John Cameron Mitchell (2011).

In case of emergency

988 has been designated as the new three-digit number that will route callers to the National Suicide Prevention Lifeline. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. The previous Lifeline number remains active and available to people in crisis.