



# Suicide Postvention as Suicide Prevention



These resources can help you  
**learn more**  
about postvention as prevention and  
**take action.**

## Learn More

### **SPARK Talks: Suicide Postvention as Suicide Prevention**

<http://sparktalks.sprc.org>

Speaker: Ken Norton, LICSW, Executive Director, New Hampshire Chapter of the National Alliance on Mental Illness (NAMI). (2014).

SPRC's SPARK Talks are **Short, Provocative, Action-oriented, Realistic, and Knowledgeable** videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on the burden of suicide.

### **Essential Questions on Suicide Bereavement and Postvention**

<http://www.mdpi.com/1660-4601/9/1/24>

Authors: Andriessen, K., & Krysinaka, K. (2012). *International Journal of Environmental Research and Public Health*, 9(1), 24–32.

This article discusses key questions about suicide bereavement and postvention as it is now and how it may develop in the future. These questions include “What are the needs of suicide survivors?” and “What is postvention from a clinical perspective and from a public health perspective?” The article ends with recommendations to strengthen the possibilities of postvention as prevention.

## Take Action

### **Responding to Grief, Trauma, and Distress after a Suicide: U.S. National Guidelines**

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/NationalGuidelines.pdf>

Author: Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention, 2015.

These guidelines provide a blueprint for the development of suicide postvention in a wide range of settings. They are useful for anyone who is in contact with or wants to help people impacted by a suicide loss. The goal is to reduce the negative effects of exposure to suicide and facilitate the process of healing from a suicide loss on both the individual and community levels.

### **Connect Postvention Protocols and Trainings Website**

<http://www.theconnectprogram.org/training/reduce-suicide-risk-and-promote-healing-suicide-postvention-training>

Author: Connect, a program of the National Alliance on Mental Illness, New Hampshire (n.d.). Connect, a program of NAMI New Hampshire, provides protocols, training, and consultation for general audiences as well as versions tailored for specific audiences, including first responders, mental health providers, funeral directors, faith leaders, police officers, and other provider groups as well as American Indians and Alaskan Natives. More than “just training,” Connect fosters relationship building, and the exchange of resources among participants. The six-hour training includes activities, interactive case scenarios, discussion, PowerPoint presentations, and printed materials. A three-day training for trainers is also available.

### **LOSS Team Postvention Workshops and Training Website**

<http://www.lossteam.com/About-LOSSteam-2010.shtml>

Author: Campbell & Associates Consulting, LLC. (2013). A LOSS Team (Local Outreach to Suicide Survivors) is an active model of postvention. The team is made up of suicide survivors who have been trained to assist the bereaved at the scene of a suicide by providing support and referrals. The primary goal is to let suicide survivors know that resources exist in order to shorten the time between the death of the loved one and survivors finding help. Frank Campbell, PhD, founder of LOSS Teams, leads many trainings and workshops where you can learn more about the LOSS team concept and how to set up a Loss team in your area.

### **After a Suicide: A Toolkit for Schools**

<http://www.sprc.org/sites/sprc.org/files/library/AfteraSuicideToolkitforSchools.pdf?sid=35963>

Authors: American Foundation for Suicide Prevention and Suicide Prevention Resource Center. (2011). This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community. It is a practical resource for schools facing real-time crises to help them determine what to do and when and how to do it. The toolkit reflects consensus recommendations developed in consultation with a diverse group of national experts. It incorporates existing material and research findings as well as references, templates, and links to additional information and assistance.

### **A Manager’s Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide**

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>

Authors: Carson J. Spencer Foundation, Crisis Care Network, National Action Alliance for Suicide Prevention, and American Association of Suicidology. (2013). This guide provides clear steps for postvention, including information for workplace leadership on how to respond immediately to a suicide, how to plan in the short-term for recovery, and what long-term strategies to consider for helping employees cope. It contains succinct procedures with checklists and flow charts and can be useful to managers at all levels.

### **Riverside Trauma Center Postvention Guidelines**

<http://traumacenter.wpengine.com/wp-content/uploads/2015/03/Postventionguidelines.pdf>

Authors: Berkowitz, L., McCauley, J., and Mirick, R. (n.d.). This document offers guidelines for schools, organizations, and communities to follow after a suicide occurs. Special attention is paid to balancing the needs for commemorating the deceased and preventing a possible contagion effect, as well as addressing trauma issues that may be present.

## **Tragedy Assistance Program (TAPS) Website**

<http://www.taps.org>

TAPS is the 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death. It provides immediate and long-term care through comprehensive services and programs, including peer-based emotional support, casework assistance, connections to community-based care, and grief and trauma resources.

## **What Emergency Responders Need to Know about Suicide Loss: A Suicide Postvention Handbook**

<http://www.co.delaware.pa.us/intercommunity/PDFs/SuicideBooklet.pdf>

Author: Montgomery County Emergency Service. (2005).

This brief handbook on postvention helps police officers, EMS providers, and crisis intervention specialists understand how to help family members, friends, and others close to a person who has just died by suicide.

## **Recommendations for Reporting on Suicide**

<http://reportingonsuicide.org/>

Authors: American Foundation for Suicide Prevention; Annenberg Public Policy Center; Columbia University Department of Psychiatry; National Alliance on Mental Illness, New Hampshire; Substance Abuse and Mental Health Services Administration, and Suicide Awareness Voices of Education. (2011).

*Recommendations for Reporting on Suicide* was developed by leading experts in suicide prevention in collaboration with several international suicide prevention and public health organizations, schools of journalism, media organizations, and key journalists as well as Internet safety experts. The research-based recommendations include suggestions for online media, message boards, bloggers, and “citizen journalists.” Although not specific to postvention, these guidelines are particularly important in the aftermath of a suicide.

## **Framework for Successful Messaging**

<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>

Author: National Action Alliance for Suicide Prevention. (2014).

The *Framework for Successful Messaging* is a resource to help people develop messages about suicide that are strategic, safe, and positive, and make use of relevant guidelines and best practices. It is for suicide prevention *messengers* rather than the media. It addresses “public messaging,” which is any communications released into the public domain, including posters, public service announcements (PSAs), social media, websites, newsletters, fundraising appeals, event publicity, press interactions, public talks, and advocacy efforts.

## **Lifeline Online Postvention Manual**

<http://www.sprc.org/sites/sprc.org/files/library/LifelineOnlinePostventionManual.pdf>

Author: National Suicide Prevention Lifeline. (n.d.).

This manual discusses the role of the Internet in postvention and how postvention initiatives can target existing online communities when there is a suicide death. The recommendations cover how to safely memorialize someone who has died by suicide. They can also be applied to online memorials and online messages about those who have died.

## **Facilitating Suicide Bereavement Support Groups: A Self-Study Facilitator Package**

<http://www.custompromostore.com/afspstore/products/Facilitating-Suicide-Bereavement-Support-Groups%3A-A-Self%252dStudy-Facilitator-Package.html>

Author: American Foundation for Suicide Prevention. (n.d.).

This package contains a 95-page guide to effective support group facilitation titled *Facilitating Suicide Bereavement Support Groups: A Self-Study Manual*, and a 90-minute companion DVD titled *Facilitating Suicide Bereavement Support Groups: Skill-Building and Special Challenges*. The DVD features experienced facilitators, who demonstrate specific strategies for handling difficult situations and share their own personal advice.

**Pathways to Purpose and Hope: A Guide to Creating a Sustainable Suicide Bereavement Support Program for Families and Friends after a Suicide Death**

<http://www.friendsforsurvival.org/pathways.html>

Author: Friends for Survival, Inc. (2013).

This publication offers guidance on how to create a sustainable program for survivors of suicide loss, including how to form a sustainable organization, raise funds, recruit members and volunteers, and much more. The guide will be useful to individuals and organizations looking to start a new program or to expand the capacity or strengthen the sustainability of an existing one.

**After a Suicide: Recommendations for Religious Services and Other Public Memorial Observances**

<http://www.sprc.org/library/aftersuicide.pdf>

Author: Suicide Prevention Resource Center. (2004).

This brief guide was created to aid clergy and other faith community leaders in the aftermath of a suicide death. It provides background information, suggests ways to care for and support survivors, and offers recommendations for planning a memorial observance. The suggestions are based on scientific research as well as extensive consultations with clergy and counselors who represent the broadest range of religions and cultural communities and who have provided care after a suicide.

**Help at Hand: Supporting Survivors of Suicide Loss: A Guide for Funeral Directors**

<http://www.sprc.org/sites/sprc.org/files/library/funeraldirectors.pdf>

Authors: Suicide Prevention Action Network USA and Suicide Prevention Resource Center. (2008).

This 16-page brochure for funeral directors who may have to work with suicide survivors. It explains the differences of suicide deaths, addresses the complex needs of survivors, and covers compassion fatigue.

**IASP Special Interest Group – Postvention (Suicide Bereavement) Website**

<http://iasp.info/postvention.php>

Author: International Association for Suicide Prevention (IASP). (2014).

This webpage contains a number of postvention resources, including a guide to starting a support group for survivors and guides to survivor organizations and services around the world.

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**Suicide Prevention Resource Center**

**SPARK Talk Website: <http://sparktalks.sprc.org>**

**SPRC Web: <http://www.sprc.org> | E-mail: [info@sprc.org](mailto:info@sprc.org) | Phone: 877-GET-SPRC (438-7772)**