



Resources for Suicide Postvention Planning

General Information on Postvention

SPARK Talk: Suicide Postvention as Suicide Prevention

<http://sparktalks.sprc.org/video/suicide-postvention>

Author: Suicide Prevention Resource Center, 2014.

In this short video, Ken Norton, executive director of the National Alliance on Mental Illness, New Hampshire discusses the role of suicide postvention not only as a response to the suicide that has just occurred, but also as a way to prevent future suicides. He describes how a community can come together to keep its members safe.

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 at all levels of U.S. society. The overarching goal is to reduce the negative effects of exposure to suicide and facilitate the process of healing from a suicide loss. The guidelines call for an integrated and compassionate community response.

Safe Messaging After a Suicide

Action Alliance Framework for Successful Messaging

www.suicidepreventionmessaging.org

Author: National Action Alliance for Suicide Prevention, 2014.

The *Framework* 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,” including posters, PSAs, social media, websites, newsletters, event publicity, press interactions, public talks, and advocacy efforts.

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.

These research-based recommendations are designed for use by the media and include suggestions for online media, message boards, bloggers, and "citizen journalists." They were developed by leading experts in suicide prevention and 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. Although not specific to postvention, these guidelines are particularly important in the aftermath of a suicide.

Postvention in Specific Settings and Populations

After a Suicide: A Toolkit for Schools

<http://www.sprc.org/sites/sprc.org/files/library/AfteraSuicideToolkitforSchools.pdf?sid=47757>

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 a school community. It can help schools 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 examples of useful tools, research findings, references, templates, and links to additional information and assistance.

A Manager's Guide to Suicide Postvention in the Workplace: Ten 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 in workplaces, 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.

Postvention: A Guide for Response to Suicide on College Campuses

http://hemha.org/postvention_guide.pdf

Author: Higher Education Mental Health Alliance, 2014.

This guide was created to assist college and university professionals in responding to a student suicide. It discusses strategic postvention planning, communicating with students, faculty, family, and the media, and clinical interventions. It provides suggestions for best practices after a campus suicide to facilitate the grieving and adjustment process, stabilize the environment, and reduce the risk of further suicides through contagion.

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.).

These are guidelines for schools, organizations, and communities to follow after a suicide occurs. Special attention is paid to balancing the need to commemorate the deceased while preventing a possible contagion effect, and on addressing trauma issues that may be present.

Connect Postvention Protocols and Trainings

<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 provides protocols, training, and consultation for general audiences as well as versions for specific audiences, including first responders, mental health providers, funeral directors, faith leaders, police officers, other provider groups and American Indians/Alaska Natives communities. Connect trainings foster relationships, community building, and exchange of resources among participants. There are one- and two-day trainings and a three-day training for trainers.

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 online communities when there is a suicide death. The recommendations cover how to safely memorialize someone who has died by suicide. These messaging guidelines can also be applied to online memorials and messages about people who have died.

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