Community Conversation Resources: Support for Survivors of Suicide

- Date - April 21, 2021
- Topic - Related Topics
- Type - Article

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Community Conversation: Supporting Survivors of Suicide

Resources for Survivors of Suicide

Thank you to all that were able to attend the Community Conversation on Tuesday, May 18th. We hope that you found some comfort. If you were unable to attend, we invite you to watch the video embedded above.

Below are some resources that we shared during the webinar as well as suggestions for additional support:

Suicide Survivor Grief Support:

- How to talk to children about Suicide
- Truth Be Told: How to talk to Children and Teens about Suicide and Violent Death
- Talking with Children and Teens about Suicide - Developmental Stages
- How to answer questions about suicide
- Find a Survivor of Suicide Group Near You
- 10 Things Grieving Children want You to Know

Suicide Prevention and Post-Vention:

- American Foundation for Suicide Prevention
- 10 Ways to Help when you Child is Depressed
- Signs of Suicide for Middle and High School Students
- The Trevor Project - Real Stories and Strategies
- Active Minds - for College Students
- Now Matters Now: Videos and Coping Strategies for Coping with Suicidal Thoughts
- More Suicide Prevention Resources
- Teen Grief Resources

Creative Expression:
As we explored in the webinar, creative expression is a healthy tool to calm your brain and explore your feelings.

- Print **THIS MANDALA** and grab a few colored anything (crayons, colored pencils, markers, etc.)
- Movement: **Shake and Ground**
- **Digital Sandbox**: from Resilient Minds Counseling
- **How to use Creative Expression for Grief Support**
- **Art with Heart**

Special thanks to our Presenter [Stephanie Heitkemper, MA MFT, LPC, RPT, FT](https://www.stephanieheitkemper.com) and The Peter DeGeorge Family Foundation for supporting this Community Conversation.

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