



Survivors of Suicide - SOS Group Finder

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When you have experienced the death of a family member or loved one by suicide you can feel overwhelmed, desperately sad, lonely, angry, confused, guilty and somehow responsible. You may also discover that friends, co-workers and other family members don't always know what to say or how to be supportive and comforting. We know that the bereavement associated with a suicide death is different than other deaths; there is the suddenness of the death and there is often no easy – or clear – explanation as to why suicide was seen as a choice.



It is always important to get help in the aftermath of a suicide death. That help might be from a therapist who specializes in grief and loss; it might be through a support group specifically designed for individuals who are dealing with the loss of a loved one to suicide. Survivor of suicide (SOS) groups can help participants feel less alone and understood by others who have experienced a loss to suicide. “Being with understanding others helps me try to figure out where I am, where I was, and where I might be headed in this process.” There are SOS groups located throughout the country. Click on the button below to find one near you.

Additional Peer Support: You are not alone. American Foundation for Suicide Prevention offers resources to help loss survivors cope, connect, and heal in time. Their trained peer support volunteers are all suicide loss survivors who know firsthand how difficult it can be to find your way in the aftermath of a suicide. Upon request, they are available to speak with you by phone, in person (limited availability), by video call (Google Hangout, Skype, Facetime), or via email. [Link to Peer Support Program](#)

[S.O.S. Group Finder](#)