

## RESOURCES FOR HELP AFTER A SUICIDE

Maine 24 Hour Crisis Hotline – 1-888-568-1112 - your call will automatically be connected to the closest crisis center in your geographic area. When in crisis, callers will receive competent guidance from trained mental health crisis program staff.

Maine Youth Suicide Prevention, Intervention and Postvention Guidelines

<http://www.state.me.us/suicide/docs/guidelines.pdf>

- Refer to pages 21-26 (Postvention Planning including Responsible Management of the Aftermath of a Student Suicide),
- Refer to pages 43-45 (Sample Announcements for Use with Students After a Suicide)
- Refer to pages 52-54 (Am I Normal? Reactions to Overwhelming Stressful Events and Common Youth Reactions to Suicide and Recommended Responses)

“School Memorials: Should We? How Should We?” from National Institute for Trauma and Loss in Children [www.tlciinst.org/memorials.html](http://www.tlciinst.org/memorials.html)

Media Guidelines for School Administrators Who May Interact with Reporters about Youth Suicide

<http://www.state.me.us/suicide/professionals/program/mediaschool.htm>

Suicide Postvention Guidelines (this is an Australia site but it contains some very useful information)

<http://www.crisis.sa.edu.au/pages/EM05/30674/?reFlag=1>

Schools may be eligible for Project SERV funds for short-term and long-term education-related services to help them recover from a violent or traumatic event (includes suicides of students, faculty members and/or staff) in which the learning environment has been disrupted. Immediate services assistance covers up to 60 days from the date of the incident. Extended services covers up to one year from the incident.

[www.ed.gov/print/programs/dvppserv/faq.html](http://www.ed.gov/print/programs/dvppserv/faq.html)

At-a-Glance: Safe Reporting on Suicide

<http://library.sprc.org/item.php?id=257&catid=4>

This link takes you directly to the article: [http://www.sprc.org/library/at\\_a\\_glance.pdf](http://www.sprc.org/library/at_a_glance.pdf)

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

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

“Suicide—The Most Misunderstood of All Deaths” sermon by Rev. Ron Rolheiser

[http://www.ronrolheiser.com/columnarchive/search\\_detail.php?rec\\_id=160](http://www.ronrolheiser.com/columnarchive/search_detail.php?rec_id=160)

“When Someone Takes His Own Life” sermon by Rev. Norman Vincent Peale

<http://www.st-matthew.on.ca/bulletin/jeremy/nvpeale.htm>

Supporting Survivors of Suicide Loss: A Guide for Funeral Directors

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

Helping Resources for You packet (includes list of Maine support groups, books by category of person lost, SOS—A Handbook for Survivors, and other resources). Individual packet materials can be found at:

<http://www.state.me.us/suicide/survivors/index.htm>

A limited number of packets may be obtained by calling the Information and Resource Center at 1-800-499-0027 between 8:00 a.m. and 5:00 p.m. Monday through Friday.

## WEB SITES WITH SPECIFIC INFORMATION FOR THOSE LEFT BEHIND FOLLOWING A SUICIDE (SURVIVORS)

### *American Association of Suicidology*

[www.suicidology.org](http://www.suicidology.org)

See the Support Groups link as well as the Survivors link where you can click on Resource Page for Survivors which includes the following fact sheets and other resources:

- Survivors of Suicide  
Discusses common experiences and reactions of those who have lost a loved one to suicide.
- Helping Survivors of Suicide: What can you do?  
This is a fact sheet for friends, family members, co-workers, etc. who are looking for information on how to help a survivor of suicide.
- Beyond Surviving 25 suggestions for survivors by Iris M. Bolton
- Bibliography View a bibliography of books written for survivors.

### *Suicide Awareness and Voices of Education*

[www.save.org](http://www.save.org)

See the Coping With Loss link (includes When the Worst Has Happened; What to Tell Children; Grief After Suicide; People Grieve Differently; Responding to Survivors)

### *American Foundation for Suicide Prevention*

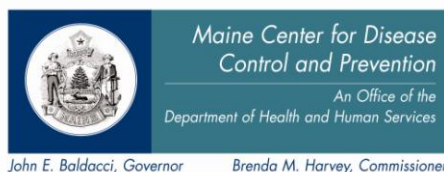
[www.afsp.org](http://www.afsp.org)

See the Surviving Suicide Loss link (includes Coping with Suicide Loss; Support Groups; Personal Stories and other information)

### *Suicide Prevention Action Network*

[www.spanusa.org](http://www.spanusa.org)

See the Suicide Prevention and Survivor Resources and Survivor Support links under Initiatives and Resources (includes Online Resources and Resources for Specific Helpers)



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner