

# Postvention Resources and Information

**Postvention** is a term used in the suicide prevention field, made by combining the words “post” and “intervention”. It is an organized response to a suicide death consisting of psychological first aid, crisis intervention, and other supports provided to affected individuals. The goal is to mitigate the negative effects of exposure to suicide and to promote healing for individuals exposed to suicide because the suicide decedent is a close friend, family member, or someone from their workplace, community, or school. People exposed to suicide are at increased risk of suicide themselves, so postvention also serves as one component of suicide prevention efforts.

## Postvention Web-Based Resources

**American Association for Suicidology (AAS)** <https://suicidology.org/resources/suicide-loss-survivors/> has a Suicide Loss Survivors section under their “Resources” tab with multiple postvention resources.

**American Foundation for Suicide Prevention (AFSP)** [www.afsp.org](http://www.afsp.org) has a variety of postvention resources. Under the “Get Help” tab you can select, “I’ve Lost Someone” and you will find information for immediately after a loss, resources for loss survivors, and information on self-care. There are also links to connect with other survivors and ways to honor a loved one who has died by suicide.

**PsychArmor Institute** <https://psycharmor.org/> offers an online course on *Postvention: Healing After Suicide* on how to support someone who has lost a loved one to suicide.

**Suicide Prevention Lifeline** <https://suicidepreventionlifeline.org/help-yourself/loss-survivors/> provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices. To access postvention tools and information, go under the “Get Help” tab, click “Help Yourself”, and then go to “Loss Survivors”.

**Suicide Prevention Resource Center (SPRC)** <https://www.sprc.org/> provides a variety of resources for immediate and long-term postvention under their “Resources & Programs” tab.

**Together to Live** <http://www.togethertolive.ca/postvention> offers a toolkit for addressing youth suicide in the community. The Ontario Centre of Excellence for Child and Youth Mental Health (the Centre) created this website as a tool for service providers working with youth to help them bring their community together to prevent youth suicide.

**Tragedy Assistance Program for Survivors (T.A.P.S.)** <https://www.taps.org/suicidepostvention> is a critical resource for military families who have lost a loved one to suicide. Their website includes postvention resources under the “Resources” tab. **Postvention Consultation** is available with groups that have recently experienced a suicide loss. Intended to both stabilize organizations and offer support to individuals

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impacted by suicide death. Critical resources to guide them through the collective grieving process are provided.

**Uniting for Postvention** <https://www.mirecc.va.gov/visn19/postvention/> the website focuses on postvention in the areas of provider, community, and workplace. The provider section includes information such as the personal and professional impact of a patient suicide loss. The community section is comprehensive, focusing on suicide loss in the general community. The final section focuses on the workplace and addresses multiple opportunities for postvention work such as how to tailor a postvention plan to specific workplaces and a 5-point plan on how to support employees after a suicide.

## Postvention Guides & Print Resources

Carson J. Spencer Foundation, Crisis Care Network, National Action Alliance for Suicide Prevention, & American Association of Suicidology (2013). *A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide*. Denver, CO: Carson J Spencer Foundation. Retrieved from: <https://suicidology.org/wp-content/uploads/2019/07/Managers-Guidebook-To-Suicide-Postvention.pdf>

Quinnett, P. (2015, June 05). Guidelines for *Professionals: What to do if a patient dies by suicide*. LinkedIn SlideShare. <https://www.slideshare.net/fjamesc/suicide-ofclient>

Rajeev, R., Ayer, L., Fisher, G., Osilla, K. C., Barnes-Proby, D., & Wertheimer, S. (April 2015). *Suicide Postvention in the Department of Defense: Evidence, Policies and Procedures, and Perspectives of Loss Survivors*, Santa Monica, Calif.: RAND Corporation, RR-586-OSD, 2015. As of June 22, 2020: [https://www.rand.org/pubs/research\\_reports/RR586.html](https://www.rand.org/pubs/research_reports/RR586.html)

The National Action Alliance for Suicide Prevention (April 2015). *Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines*. Retrieved from: <https://www.sprc.org/sites/default/files/migrate/library/RespondingAfterSuicideNationalGuidelines.pdf>

## Websites created by Survivors/ Loved Ones

**Alliance of Hope for Suicide Survivors** <https://allianceofhope.org/> was created by survivors for survivors. As a nonprofit, they provide online healing support and other services for people who are coping with loss to suicide. Their online forum operates like a 24/7 support group.

**Friends for Survival** <http://www.friendsforsurvival.org> is a non-profit group organized by and for survivors. It has been offering suicide bereavement support services and outreach since 1983. All staff and volunteers have been directly impacted by suicide death. They also assist professionals who work with those who are grieving a suicide tragedy. The group offers in person support groups in the Northern California region.