**RESOURCES FOR SURVIVORS OF SUICIDE LOSS**

**NATIONAL TALK LINE (Crisis Line) 1-800-273-8255**

**NATIONAL TEXT LINE 741741**

**CONTACT LUBBOCK** [www.contactlubbock.org](http://www.contactlubbock.org)

Suicide Crisis Prevention and Intervention, Crisis Line, Suicide Prevention Education, Suicide Loss Support Meetings

info@contactlubbock.org

806-765-8393

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION** [www.afsp.org](https://afsp.org)

Many good resources for prevention and aftercare for survivors. Sponsors the Out of the Darkness Walks to promote awareness and National Suicide Survivor Loss Day. A leader in public policy advocacy, but very helpful for newly bereaved survivors.

**HOSPICE OF LUBBOCK** [www.hospiceoflubbock.org](http://www.hospiceoflubbock.org)

Grief support for adults and children

**SURVIVORS OF SUICIDE** <http://www.survivorsofsuicide.com/>

Many good resources for surviving family members and friends.

An especially good website for friends of survivors is “How To Help Survivors Heal”: <http://www.survivorsofsuicide.com/help_heal.shtml>

**ALLIANCE OF HOPE** https://allianceofhope.org/

Online community forum (free) and counseling by phone or skype (free)

**TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS**) <https://www.taps.org/suicide>

For military members and their families. 1-800-959-TAPS (1-800-959-8277)

**THE COMPASSIONATE FRIENDS/USA** <https://www.compassionatefriends.org/>

Excellent national resource for bereaved parents, siblings, and grandparents (regardless of age or cause of death)

**THE COMPASSIONATE FRIENDS/USA – Facebook Support Group for Suicide Loss**

**For Parents, Grandparents and Siblings**

<https://www.facebook.com/groups/tcflosstosuicide/?source_id=90757574245>

**THE COMPASSIONATE FRIENDS – LUBBOCK CHAPTER** [www.compassionatefriendslubbock.org](http://www.compassionatefriendslubbock.org)

This local support group provides grief support to families who have lost a child no matter what age or cause of death. Meetings take place at 7:00 p.m. on the First Tuesday of each month in the Behavioral Sciences Bldg. at Lubbock Christian University, 21st & Dover Ave. For more information, call 806-218-2397,or email tcflubbock@gmail.com

**BOOKS on SURVIVING THE LOSS OF A LOVED ONE TO SUICIDE**

American Foundation for Suicide Prevention: <https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/books-loss-survivors/>

Alliance of Hope: <https://allianceofhope.org/bookstore>

Allina Health: <https://www.allinahealth.org/health-conditions-and-treatments/grief-resources/suggested-books/books-for-grieving-a-suicide/>