

Suicide Loss Survivor Support

Compiled by Suicide Prevention Coalition of Jefferson, Clear Creek, and Gilpin Counties

You have experienced
a loss that is truly
unique to you.

Give yourself permission to handle
your grief and mourning in your way.
The journey will bring high and low
points, intense emotions, and
uncertainty at times. Questions about
what has happened, where you can
find support, and what comes next.

You do not need to walk this
journey alone. This packet was
developed by professionals and
survivors to provide guidance in
locating support groups,
professionals, and individuals
who can help.

Our hope is the information
compiled will assist you and
those around you in finding
exactly what is needed
during this time and in the
future.

Reach out to friends.
Reach out to your support.
Just reach out.

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Suicide Loss Survivor Resources

The following phone, online, print and in-person resources have been compiled through numerous community organizations by the Suicide Prevention Coalition of Jefferson, Clear Creek and Gilpin Counties to bring comprehensive support to those who have experienced a loss by suicide of a friend, family member, neighbor, loved one or community member.

Phone Resources

24/7 Hotlines

Trans Lifeline

1-877-565-8860

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Colorado Crisis Services

1-844-493-TALK (8255)

Text TALK to 38255

Provides free, confidential, professional and immediate support through a crisis counselor or peer specialist for any mental health, substance use or emotional concern.

Trevor Project

1-866-488-7386

Text START to 678678

Crisis intervention and suicide prevention lifeline for LGBTQ young people feeling suicidal, or in need of a safe and judgment-free place to talk.

Veterans Crisis Line

1-800-273-8255 (press 1)

Text 838255

Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line

Text HOME to 741741

Provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Nacional de Prevención del Suicidio

1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.

Teleconference Support Group

First and Third Tuesday of the month

7:00 pm - 8:30 pm

Contact: Ethel Leslie

970-527-3284

eleslie15@gmail.com

Pre-registration for each teleconference support group meeting is required

Online Resources

Suicide Prevention Coalition of Colorado

www.suicidepreventioncolorado.org

SPCC's membership of concerned agencies, organizations and individuals who are working in the areas of suicide prevention, intervention and postvention has statewide reach.

American Association of Suicidology

Suicide Loss Survivors Page

www.suicidology.org/resources/suicide-loss-survivors/

This page can help you travel through the grief of a loved one and offers tips and resources for support during this painful time.

American Foundation for Suicide Prevention

Loss Survivor Page

www.afsp.org/live-lost-someone

This site offers information for survivors such as answers to frequently asked questions, resources, personal stories, and a program for connecting to other survivors vis phone.

Alliance of Hope

www.allianceofhope.org

This organization for survivors of suicide loss provides information sheets, a blog, and a community forum.

Dougy Center

www.dougy.org

This resource provides support in a safe place where youth and their families grieving a death can share their experiences with resources, books, trainings and more.

In-Person Resources

Jefferson Center

Various Colorado Locations within
Jefferson, Gilpin and Clear Creek Counties
(303) 425-0300

Offers programs and services to foster recovery and resilience in children, adults and families struggling with mental health problems; including a suicide attempt survivor support group for adults. Please ask about all of our available services when scheduling an initial intake appointment. www.jcmh.org

Colorado Crisis Services Walk-In Center

4643 Wadsworth Blvd.
Wheat Ridge, CO 80033

The Walk-in Crisis Center is open 24/7 and offers confidential, in-person crisis support, information and referrals to anyone in need.

www.coloradocrisiservices.org

Support Groups

Please contact to confirm date, time, location and cost. Some groups are meeting virtually during COVID-19 distancing.

HeartBeat of Evergreen

Evergreen, CO
Fourth Thursday of the month
6:00 pm to 7:30 pm.
Contact: Heather Aberg
720-480-6672
abergheather@gmail.com

North Metro Heartbeat

Northwest Denver, CO
First Tuesday of the month
7:00 pm to 9:00 pm.
Contact: Katie Ford 720.300.8213
kford1046@gmail.com
or Ken Wiig 303.870.1070
kenwiig@gmail.com

Parents Surviving Suicide Loss

Lakewood, CO
First Wednesday of the month
6:30 pm to 8:00 pm.
Contact: Tammy Carpenter and
Constance Robinson
Westsideps@gmail.com

More information about support groups available at www.afsp.org.

Additional in-person suicide loss survivor groups and resources available to residents of Jefferson, Clear Creek and Gilpin Counties

Heartlight Center Inc.

11150 E. Dartmouth Avenue
Denver, CO 80014
720-748-9908

Organization providing grief support groups to the public, and grief education for professional and lay caregivers. Contact to learn more about support groups and educational opportunities www.heartlightcenter.org

The Hope Group

~~P.O. Box 22
Littleton, CO 80160
720-745-9252~~

~~Organization provides service in the field of suicide prevention, intervention and postvention peer support. Contact to learn more about in-person and virtual support groups, workshops and trainings.~~
www.hope-group.org

Judi's House

1741 Gaylord Street
Denver, CO 80206
720-941-0331

Organization devoted solely to providing research-based care to grieving children and their families. Contact to learn more about services and guidelines regarding when services are appropriate. www.judishouse.org

Camps for Youth

Please contact to confirm appropriate ages, date, time, location and cost.

Onward Bound

Various Locations
[www.outwardbound.org/
group-programs/grieving-teens](http://www.outwardbound.org/group-programs/grieving-teens)

Camp Comfort

Georgetown, CO
www.mtevans.org/camp-comfort

Camp Erin

Idaho Springs, CO
[www.shimmeringwings.org/
camp-erinreg-denver](http://www.shimmeringwings.org/camp-erinreg-denver)

Print Resources

The following recommended books are available through Jeffco Public Library. Contact your local library to learn about other [recommended books](#) available to borrow.

Life After Suicide

Author: Jennifer Ashton

I Was Here

Author: Gayle Forman

SPCC iCARE Package

Visit the following site to request an iCARE Package including two books, a journal, and more. www.suicidepreventioncolorado.org/icare-packages/

Suicide Loss Survivor Support: Supporting Me

*Survivors, share this with the people around you.
They want to support you; this may help them know how.*

The following information has been compiled through several resources by the Suicide Prevention Coalition of Jefferson, Clear Creek and Gilpin Counties.



As a person supporting a survivor, take care of yourself!

Self-care is different for everyone, so be sure to take care of yourself in whatever way is best for you!
Remember that you can't take care of someone else unless you have taken care of yourself.

Suicide Loss Survivor Support: Supporting Me

“Suicide Survivors Bill of Rights”

by JoAnn C. Mecca

- 1) I have the right to be free of guilt.
- 2) I have the right not to feel responsible for the suicide death.
- 3) I have the right to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.
- 4) I have the right to have my questions answered honestly by authorities and family members.
- 5) I have the right not to be deceived because others feel they can spare me further grief.
- 6) I have the right to maintain a sense of hopefulness.
- 7) I have a right to peace and dignity.
- 8) I have the right to positive feelings about the one I lost through suicide, regardless of the events prior to or at the time of the death.
- 9) I have the right to retain my individuality and not be judged because of the suicide death.
- 10) I have the right to seek counseling and a support group to enable me to honestly explore my feelings to further the acceptance process.
- 11) I have the right to reach acceptance.
- 12) I have the right to a new beginning.
- 13) I have the right to be.