

Suicide Grief Resources

This worksheet is a supplemental resource for the "Understanding Grief after Suicide" Workshop

Local Resources (Seattle-Puget Sound)

Bridges Center for Grieving Children: Supporting families and children ages 4-18 in Pierce County

Crisis Connections: Offers programs/groups to help suicide loss survivors navigate their grief

Eastside SOS: Offers resources/groups to help suicide loss survivors navigate their grief

Evergreen Health: Grief & bereavement support

Seattle Children's:

- **Grief support for parents who have lost children**
- **Common mental health problems and resources**

Healing Center: Grief support for adults, children and families in Seattle

Safe Crossings Grief Program: Grief support for children & teens

Swedish Bereavement Support: Offers both single sessions and series on grief and loss

Virginia Mason Grief Services: Offers telehealth grief support

National & Global Resources

American Foundation for Suicide Prevention:

- **Loss support groups**
- **Find other support**

Compassionate Friends: Bereavement support groups

Conversations Matter: Resources for safely talking about suicide in your community

The Dougy Center: Grief support for children, adolescents, and families

- <https://www.dougy.org/>
- **Talking to children after a suicide**

Eluna Resource Center: Supporting children/families impacted by grief/addiction

- **Explaining suicide to children**

Suicide Prevention Resource Center: **Survivors of suicide loss resource list**

White Swan Foundation: Grieving a suicide loss resources