

## Resources for Suicide Prevention and Support

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### FAQ

[Frequently Asked Questions about Suicide](#), National Institute of Mental Health

### Jews and Suicide

[Jewish Prayers Related to Suicide](#) is a collection of prayers and rituals written by survivors that can be used as is or adapted. Blue Dove Foundation.

[Judaism and Suicide](#) is a brief summary on suicide in Jewish law and tradition from myjewishlearning.com.

[Support for Those Who Have Experienced a Loss from Death by Suicide](#) is a Jewish bereavement guide to console, support and offer guidance to anyone bereaved by suicide and those who are comforting the bereaved from the Joan and Stanford Alexander Jewish Family Services of Houston.

[Supporting a Friend or Loved One Through Suicide Loss](#) shares guidance on how to speak with a survivor of suicide loss, using active listening as a guide, as well as suggestions for visiting a shiva after a death by suicide.

[What Job Can Teach Us About Coping with Mental Health Crises](#) by Miriam Ament and Efreem Epstein shares reflections on how the story of biblical Job offers lessons on how to be a better ally and support for those who are suffering and how to help our own struggling selves.

[You Are Not Alone: Support for Those in the Jewish Community and Beyond Grieving a Death by Suicide](#) was developed by JCFS Chicago to offer emotional support to individuals and families grieving the death of a loved one by suicide.

### Relevant Websites

[988 Suicide and Crises Lifeline](#) is the website of the national crisis line and includes extensive resources on the subject for professionals and community members.

[American Association of Suicidology](#) (AAS) promotes the understanding and prevention of suicide and supports those who have been affected by it. The website offers facts and statistics about suicide, toolkits, briefs, information about suicide warning signs, crisis centers, and suicide means safety, in addition to suicide-related resources for LGBTQ+, suicide loss survivors, suicide attempt survivors, schools, parents, and journalists, and a database of support groups for suicide attempt survivors and suicide loss survivors.

[American Foundation for Suicide Prevention](#) (AFSP) is a national member-based health organization with chapters in all 50 states that funds scientific research, educates the public about mental health and suicide prevention, advocates for public policies in mental health and suicide prevention and supports survivors of suicide loss and those affected by suicide including sponsorship of International Survivors of Suicide Day through a Jewish Lens.

[Gila's Way](#) is a bi-national organization founded by Rabbi Shlomo Hammer that provides education and training on mental health awareness and suicide prevention in English in Israel and the US.

[MISSD](#) (The Medication-Induced Suicide Prevention and Education Foundation in Memory of Stuart Dolin) raises awareness and educates the public about the dangers of akathisia, a disorder, induced as a side effect of medications (including SSRI's and antipsychotics), which can cause a person to experience such intense inner restlessness that the sufferer is driven to violence and/or suicide.

[National Alliance on Mental Illness](#) (NAMI), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, has many suicide-related mental health materials.

[No Shame on U](#) is a Chicago-based national organization with Jewish roots and extensive work within the Jewish community dedicated to eliminating the stigma associated with mental health conditions so the people who need the help will seek it, family members and friends will know how to provide proper support, and to save lives with programming for people of all ages and backgrounds.

## **Suicide Attempts**

[Attempt Survivors](#) is a section on the 988 Suicide and Crises Hotline website for those who have attempted suicide, advice for loved ones, and additional resources on the topic.

[Attempted Suicide: The Essential Guidebook for Loved Ones](#), by Juliet Kirwan Carr is a guidebook for healing, including commonalities experienced by people who love someone who has attempted suicide, hope and encouragement for the future, answers to frequently asked questions.

## **Youth and Suicide**

[Community Action Together for Children's Health \(CATCH\)](#) The CATCH Suicide and Grief Page includes resources for parents to support their teens when they are experiencing a death by suicide in their community and how to create space for them as they grieve and process their feelings, while still connecting and trying to understand their emotions.

[Supporting Children and Teens after a Suicide Death](#), from the Dougy Center, The National Center for Grieving Children and Families. Guidance for adults to explain a suicide death to a child or teen and ways to support them in their grief.

[The Trevor Project](#) seeks to end suicide among LGBTQ young people through 24/7 crisis support via phone, text, and chat, peer support through the world's largest safe-space social networking community, research that includes a national survey on the mental health of

LGBTQ young people, and public education around issues relevant to LGBTQ youth and allies.

[“What Are Suicidal Thoughts and Do I Need Help for Them?”](#), by The Jed Foundation guides young people in understanding suicidal thoughts, when and how to seek help and helping others.

[Youth](#) is a section on the 988 Suicide and Crises Hotline website that includes information for youth on how to take care of yourself, how to help youth, and extensive resources for youth.

## **Support for Suicide Loss Survivors**

[Alliance of Hope for Suicide Loss Survivors](#) (AOH) is an international organization created by survivors for survivors that works actively to increase public awareness, understanding, and support for suicide loss survivors through a 24/7 community forum that operates like a support group and is overseen by a mental health counselor and trained team of survivor moderators, social media, and other resources to support survivors.

[Grieving a Loss to Suicide Support Group](#) is a monthly drop-in group co-sponsored by JCFS Chicago, MISSD and No Shame on U for adults in the Jewish community and beyond who are navigating the world after the loss of a loved one to suicide.

[Loving Outreach to Survivors of Suicide](#) (LOSS) is a program of Catholic Charities that provides counseling and support services to individuals grieving the loss of a loved one to suicide, including a special program that addresses the unique needs of children and adolescents, ages three to 18. Services offered include: Grief Education, Individual and Family Counseling, Group Meetings both in-person and online, a Monthly Newsletter, Online Educational Presentations, Parent Consultations, and a Survivor Network.

## **Books and other Resources for Suicide Loss Survivors**

[After the Suicide Funeral, Wisdom on the Path to Posttraumatic Growth](#). Edited by Melinda Moore and Rabbi Daniel A Roberts, this book is a collection of essays by the suicide bereaved about how their faith changed and grew as they traversed their journey of bereavement and also buoyed them in their darkest time of loss.

[Books for Suicide Loss Survivors](#) is a list of books vetted by the American Foundation for Suicide Prevention (AFSP).

[Beyond Surviving: Suggestions for Survivors](#) by Iris M Bolton is a list of 25 suggestions for loved ones mourning a death by suicide.