

## **Survivors of Suicide Resources**

Provided by Georgia Department of Behavioral Health and Developmental Disabilities

The loss of a loved one by suicide is often shocking, painful, and unexpected. The grief that ensues can be intense, complex, and long term. Grief work is an extremely individual and unique process; each person will experience it in their own way and at their own pace. The resources listed below are meant to help those survivors of suicide loss in their greatest time of need.

[SOS Guide](#) (942.8 KB)

Support for Survivors of Suicide Loss is a free guide for anyone who has experienced the loss of someone to suicide. The guide provides resources to help survivors navigate grief as well as information about community and counseling supports to aid in healing.

[SOS Handbook](#) (271.27 KB)

[SOS Handbook Spanish](#) (512 KB)

[Resources for Suicide Loss Survivor](#) (80.7 KB)

[Surviving A Suicide Loss - A Resource and Healing Guide.pdf](#) (782.91 KB)

[Suicide Prevention Resources for Survivors of Suicide Loss](#) (1.24 MB)

[Georgia SOS Groups](#) (146.28 KB)

[Recovery E-Card](#) (795.13 KB)

[Self-Care Strategies for Resilience AFSP](#) (31.78 KB)

[Children/Teens and Suicide Loss](#) (9.64 MB)