

HOPE

GIVING PEOPLE THE TOOLS TO SAVE LIVES



KNOW THAT YOU ARE NOT ALONE

You don't have to go through this difficult experience on your own. Suicide affects millions each year, and the American Foundation for Suicide Prevention offers resources to help loss survivors cope, connect, and heal.

**Putnam County Crisis Hotline:
845-225-1222**

UNDERSTANDING SUICIDE LOSS

Everyone experiences suicide loss in their own way. In addition to common grief responses such as sadness and shock, you may also feel anger, shame, disorientation, relief, and guilt.

Allow yourself to feel what you feel and understand that healing takes time. If you are struggling to cope or experiencing suicidal feelings, reach out to a mental health professional.

UNDERSTANDING THE WHY

Though research shows that most people who take their own life have a mental health condition at the time of their death, the reasons behind any suicide are complicated and answers may be hard to find. Loss survivors may think about how a loved one died (or even why they died), yet learning to reflect upon the time you had together may help you move forward in your healing journey.

Suicide Notes

Most people who die by suicide do not leave a note. If you found a note with distressing content, remember that it was written in a moment of crisis and pain, and that it does not reflect your loved one's full life experience.

THE IMMEDIATE AFTERMATH

There are common realities you may have to address in the first few days after your loss.

For information on:

- Assisting the police
- Talking with people about what happened
- Talking with children
- Making preparations for a funeral or memorial service
- Understanding symptoms of trauma

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Visit afsp.org/immediately-after-a-loss

HEALTHY HEALING

1

Be patient

Know that everyone grieves at his or her own pace. Give yourself time.

2

Take care of yourself

Eat nutritiously. Get sleep and exercise. Even a ten-minute walk can make a difference.

3

Seek professional help

Many people find that counseling helps them deal with their grief in healthy ways.

4

Learn about suicide loss

Knowing what to expect often helps you get through the more difficult times.

5

Connect with other suicide loss survivors

Find comfort by reaching out to people who understand what you're going through.

For Additional Local Support Visit afsp.org/SupportGroups

CONNECT



SURVIVOR OUTREACH *program*

Trained suicide loss survivors visit with you in person, by phone, through video chat, or via email to help guide you in the aftermath of a suicide.

Visit afsp.org/sop

Suicide Loss Survivor Support Groups

Sharing your experiences with fellow loss survivors can help you heal. AFSP maintains an online directory of support groups so you can easily find groups in your community.

Visit afsp.org/SupportGroups



International Survivors of Suicide Loss Day

Survivor Day is the one day a year when people all over the world gather at local events to find comfort, gain insight, and share stories of healing and hope. Each event features an AFSP-produced documentary about suicide loss and may also include small group discussions and other programming.

Visit afsp.org/SurvivorDay

Resources

For immediate assistance or if you are in crisis, please call:

911

The Putnam County Crisis Hotline - (845) 225-1222

Crisis Text Line – text **TALK** to 741741

National Suicide Prevention Lifeline – (800) 273 TALK (8255) , Press 1 for Veterans

All are 24 hours/day, 7 days/week

Please visit the Putnam County Suicide Prevention Task Force website for:

- Local funeral home listings
- Community partners/providers for support
- Other support materials/resources

www.putnamcac.org/suicide-prevention-task-force

For additional survivor support or further information, please contact:

American Foundation for Suicide Prevention-Hudson
Valley/Westchester

www.afsp.org/chapter/afsp-hudson-valley-westchester

or call (914) 610-9156