



Suicide Loss Survivor Resources

Central MN Suicide Loss Survivor Support Groups

For a list of support groups held throughout Minnesota & the U.S., please visit the American Foundation for Suicide Prevention website for a group close to your location.

<https://afsp.org/find-a-support-group>

It is recommended you reach out to the contact of the group to confirm details of when and how the group is meeting.

Healing Hearts – St. Cloud

The Healing Hearts of Suicide Survivors Support Group strives to provide a safe place for healing and support. When your loved one or someone you know has died by suicide, your life has been forever changed. With the help of our group, you can work through the complex emotions with the support and hope of other survivors who will walk alongside you “through” your grief journey. For more information contact Roxann Storms at 320-248-1563.

Suicide Loss Bereavement Support Group - Hutchison

Supportive and safe environment for adult suicide loss survivors to share and connect with others who have also experience the loss of a loved one to suicide.

<i>Michele Reno (320) 583-2304</i> info@2Bcontinued.org	<i>Tammy Diehn (507) 381-4082</i> info@teubycontunued.org
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Suicide Survivor Support Group – Elk River

Linda & Mark Steinberg (763) 786-2112
mlsteinberg@q.com

Suicide Loss Survivor Support Group – Nisswa

Adults only suicide loss survivor group
Jeri Borgwarth (763) 422-9911
jeriborg@hotmail.com

Heartbeat Suicide Loss Survivor Group – Willmar

The group was created for mutual support for anyone that has lost someone through suicide.

<i>Kay Clancy (320) 262-6162</i> heartbeatwillmar@gmail.com	<i>Diane McCarthy (320) 894-0182</i> heartbeatwillmar@gmail.com
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Your Art Your Story – Online

Open to anyone ages 10 and older. Children ages 10-15 must be accompanied by an adult. This group is offered to loss survivors, people who struggle, attempt survivors, and their supportive family and friends. Virtual meetings are focused on creative expression guided by professional artists and a support group facilitator. No art experience necessary. Learn more at www.yourartyourstory.org/yaysevents or email info@yourartyourstory.org for more information.

Suicide Bereavement for Teens (SB4T) - Online

We meet on the second Tuesday of every month in the evening. Currently we meet online via Zoom. Please email or call for information on how to access the meeting. This is a group for anyone between the ages of 14-19 who have lost someone to suicide.

Jessica Lincoln (571) 206-1778

SB4TLoudoun@gmail.com

Faith's Lodge

<https://faithslodge.org/>

Faith's Lodge supports parents and families coping with the death of a child (up to mid-20's). They offer different retreats for parents and families based on the age of the child and who will be attending. There is a specific retreat for parent who are suicide loss survivors. This organization is located in the MN/WI area.

Organizations and Websites for Survivors

Alliance of Hope for Suicide Survivors

<http://www.allianceofhope.org/>

This organization for survivors of suicide loss provides information sheets, a blog, and a community forum. Through the forum, survivors can contact others with similar losses, share their stories, and discuss healing from a loss by suicide. The forum operates like a 24/7 support group with a team of trained moderators and a mental health clinician who contributes regularly.

Friends for Survival

<http://www.friendsforsurvival.org>

This organization is for people who have lost family or friends to suicide and professionals who work with people who have been touched by suicide. All the staff and volunteers have been directly impacted by a suicide death. The organization produces a monthly newsletter and runs the Suicide Loss Helpline (1-800-646-7322), which is available 9 a.m.–9 p.m. PT, seven days a week. During COVID-19 they are offering an online loss survivor support group.

Healing Conversations

<https://afsp.org/find-support/ive-lost-someone/healing-conversations/>

Offers in person, by phone, or video chat support. However, it's not a hotline, you have to contact their coordinator and fill out a form to get connected to someone who can create more of a long-term peer support relationship with you.

Books/Handbooks

SOS – A Handbook for Survivors of Suicide by the American Association of Suicidology

https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

Children, Teens, and Suicide Loss (Handbook) by the American Foundation for Suicide Prevention

<https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/>

Additional Resources

<https://afsp.org/find-support/ive-lost-someone/>

