



## Surviving the Suicide of a Loved One

Surviving the suicide of a loved one is a devastating experience. Survivors often acknowledge they will never be the same. Yet real, substantial healing is possible. And there is help available through this complicated grieving process.

Some individuals benefit from therapy (available in the SHCC and other locations). Some meet with other survivors, who have shared unique aspects of their loss and the healing process. Locally, the Alachua County Crisis Center offers a Survivors of Suicide support group. (Call 264-6789.) There are also state and national advocacy groups--for individuals who may wish to become involved in suicide prevention efforts.

In addition, The American Association of Suicidology has published a [Survivors of Suicide Handbook](http://www.suicidology.org/displaycommon.cfm?an=6) [http://www.suicidology.org/displaycommon.cfm?an=6] which can be downloaded from their website. This excellent resource “is brief, clear, and packed with essential information covering nearly every aspect of the survivor ordeal -- from the emotional roller-coaster, to the elusive quest for ‘Why?’, to how to find support groups” if you are in another area.