

Tips for Surviving a Suicide Loss

From Other Suicide Loss Survivors

So, you've just lost someone you love to suicide. What should you do now? Here are some suggestions from people who have traveled this journey before you. Remember, these are only suggestions – choose what's right for you.

- [Be Kind to Yourself – engage in self care](#)
- Get Counseling – The best way to find a good therapist is to get a recommendation from someone you know and trust or from another health care provider, such as your primary care physician. You may also seek the counsel of clergy, either to get a referral to a qualified therapist or for direct support for grief counseling. You can also ask your health insurance company for a mental health provider list. If none of these options work for you, an online search for a private therapist can be found [here](#). New Hampshire mental health services and resources can also be found at the [Community Mental Health Centers](#). Other options to find a private therapist online can be found [here](#), [here](#), or [here](#).
- [Attend a Support Group](#)
- Talk to Another Survivor
 - NAMI NH - call 1-800-242-6264
 - AFSP – [Healing Conversations](#)
- [Attend the International Survivors of Suicide Loss Day](#) – takes place the Saturday before Thanksgiving each year
- Participate in a suicide prevention fundraising walk
 - [NAMIWalks NH](#)
 - [AFSP Out of the Darkness Community Walks](#)
 - [Connor's Climb Foundation 5K and Family Walk](#)
- Attend the Annual NH Suicide Prevention Conference
- [Become a Field Advocate - Speak Out for Suicide Prevention and Mental Health at All Levels of Government](#)
- Become a Public Speaker – [Survivor Voices](#)
- [Become a SOSL Support Group Facilitator](#)