

## Suicide Prevention and Support Line (24/7)

**1-800-273-8255 (TALK)**

### Organizations

The following organizations provide online education, information, and support for people who have lost a loved one to suicide.

#### **Suicide: Finding Hope**

<http://www.suicidefindinghope.com/>

Contact: [info@suicidefindinghope.com](mailto:info@suicidefindinghope.com)

#### **Friends For Survival**

Phone: 1-800-646-7322 (available 9am-9pm PST)

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

#### **American Association of Suicidology**

<http://nspw.suicidology.org/>

#### **Suicide Prevention Resource Center**

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

#### **American Foundation for Suicide Prevention**

<http://afsp.org/>

Toll-Free: 1-888-333-AFSP (2377)

Phone: (212) 363-3500

Fax: (212) 363-6237

General Inquiries: [info@afsp.org](mailto:info@afsp.org)

#### **HEARTBEAT**

<http://heartbeatsurvivorsaftersuicide.org/>

### Support Groups

#### **HEARTBEAT Survivors After Suicide Support Group Directory :**

The link below provides information on Colorado support groups held both within the Denver-Metro area, as well as throughout Colorado.

[http://heartbeatsurvivorsaftersuicide.org/20170826\\_v481/wp-content/uploads/2017/09/HEARTBEAT-CHAPTER-DIRECTORY\\_sep2017.docx](http://heartbeatsurvivorsaftersuicide.org/20170826_v481/wp-content/uploads/2017/09/HEARTBEAT-CHAPTER-DIRECTORY_sep2017.docx)

- Collier Hospice  
3210 Lutheran Pkwy Wheat Ridge, CO 80033
  - Contacts: Katie Ford: 720-300-8213; [kford1046@gmail.com](mailto:kford1046@gmail.com)  
Brenda Gierczak: 303-667-7864; [bgierczak2@aol.com](mailto:bgierczak2@aol.com)
  - Meetings: First Tuesday of the month from 7-9pm

**This resource sheet includes a variety of specific support options for people who have had a loved one die by suicide.**

*\*\*Please contact Navigation for additional information and resources, including **mental health treatment, support groups for mental health, and caregiver support.***

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- Heartlight Center  
1485 S. Oakland St Aurora, CO 80012  
11150 E. Dartmouth Ave Aurora, CO 80014
  - Contacts: Katie Ford: 720-300-8213; [kford1046@gmail.com](mailto:kford1046@gmail.com)  
Brenda Gierczak: 303-667-7864; [bgierczak2@aol.com](mailto:bgierczak2@aol.com)
  - Meetings: Last Tues of the month from 7-9pm
- Littleton Adventist Hospital  
7700 S. Broadway Littleton, CO 80122
  - Contacts: Lisa Sjoden: 303-697-6984  
Shelley Snyder: 303-378-5028  
Carol Stather: 720-328-9229; [stat7135@gmail.com](mailto:stat7135@gmail.com)
  - Meetings: Second Thursday of the month from 7-9pm

### **American Foundation for Suicide Prevention “Find a Support Group”**

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

Toll-Free: 1-888-333-AFSP (2377)

T: (212) 363-3500

F: (212) 363-6237

General Inquiries: [info@afsp.org](mailto:info@afsp.org)

### **Online Support Groups**

**Alliance of Hope:** <http://www.allianceofhope.org/>

**Friends and Families of Suicides/Parents of Suicides:** <http://www.pos-ffos.com/>

**Survivors of Loved Ones to Suicide:** <http://www.solosurvivorsoflovedonestosuicide.com/online-groups.html>

### **For Children**

**Judi’s House:** Devoted solely to providing research-based care to grieving children and their families.  
<https://www.judishouse.org/>

- 1741 Gaylord St., Denver, CO 80206  
Phone: 720-941-0331  
Toll Free: 877-369-8936  
Fax: 720-941-0728

**Rainbows:** Provides resources designed to guide youth in their grieving process.  
<https://rainbows.org/resources>

- Rainbows Headquarters  
614 Dempster Street, Suite C, Evanston, IL 60202  
Phone: 847-952-1770  
Fax: 847-952-1774





## *The Suicide Survivor's Bill of Rights*

I have the right **to be free of guilt.**

I have the right **not to feel responsible for the suicide death.**

I have the right **to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.**

I have the right **to have my questions answered honestly by authorities and family members.**

I have the right **not to be deceived because others feel they can spare me further grief.**

I have the right **to maintain a sense of hopefulness.**

I have the right **to peace and dignity.**

I have the right **to positive feelings about one I lost through suicide, regardless of events prior to or at the time of the untimely death.**

I have the right **to retain my individuality and not be judged because of the suicide death.**

I have the right **to seek counseling and support groups to enable me to explore my feelings honestly to further the acceptance process.**

I have the right **to reach acceptance.**

I have the right **to a new beginning. I have the right to be.**

Written by: By JoAnn C. Mecca

