

For Survivors of Suicide Loss

- **You are NOT ALONE!** Connect with those you trust—friends, family, faith leaders, etc.
- **There is HOPE!** Take care of yourself and check on others.
- **There is HELP!** There are trusted resources that can help.

- **You are Not Alone** – If you lost a loved one to suicide, you are not alone. Connect and talk with those you trust—friends, family, doctors, mental health professionals, and faith leaders. Sharing can be helpful. Using your lost loved one's name promotes healing.
- **There is Hope** – Suicide loss survivors agree that it is critical to focus on one's self and to recognize that each person responds to suicide loss differently. The healing process for each is unique. Keys to healing: It is okay to cry. Drink water. Take deep calming breaths. Be patient with yourself and others. Use healthy activities to decompress. Stay connected with others experiencing the pain of loss.
- **There is Help** – There is professional help and support groups are available. We list some trusted resources on the back of this card that can provide support and guidance.

For Survivors of Suicide Loss

- **Local Outreach to Suicide Survivors (LOSS) Teams** - Local volunteer teams with trained survivors of suicide loss and clinicians that offer resources, support, and sources of hope.
Find a LOSS group near you at www.nebraskaloss.org
- **Alliance of Hope for Suicide Loss Survivors** provides online healing support, resources, and services at **www.allianceofhope.org**
- **Crisis Text Line (text HOME to 741741)** offers a free mental health texting service 24/7 through confidential crisis intervention
- **The Boys Town National Hotline® (1-800-448-3000 or text VOICE to 20121)** is a free 24/7 nationwide resource and counseling service
- **Nebraska Family Helpline (1-888-866-8660)** Any Problem. Any Time.

If you or a loved one are experiencing a crisis and need immediate help:

Call 9-1-1
or go to the nearest emergency department
OR
contact the Suicide Prevention Hotline at
1-800-273-8255