



# VA RESOURCES FOR SUICIDE LOSS SURVIVORS

## A SUPPORT GUIDE TO ASSIST YOU WITH YOUR LOSS

In the aftermath of losing someone to suicide, you may be deeply distressed and unsure of what to do next. With great sympathy for the loss of your loved one, we offer you this guide to help you during this profoundly difficult time.



While your grief experience is unique, please know that you are not alone. Surviving a loss to suicide can involve powerful emotions, changes in functioning and distressing thoughts. For many loss survivors, troubling questions and thoughts can linger. Suicide is often the result of multiple, complex factors rather than one event or conversation.

Consider accessing supportive services designed for suicide loss survivors. These services, commonly known as 'suicide postvention,' promote healing and improve well-being for those impacted by suicide loss. Engaging in postvention services, connecting with other loss survivors, and accessing resources, like those listed below, may be particularly helpful as you grieve and begin healing.



**YOU DO NOT HAVE TO WALK THIS ROAD ALONE.**



# VA HEALTH RESOURCES

## VET CENTERS

[WWW.VETCENTER.VA.GOV/](http://WWW.VETCENTER.VA.GOV/)

Vet Centers offer confidential, no-cost bereavement counseling services to family members of Veterans and Service members who die by suicide.

To connect with local services, contact the Vet Center Call Center 24/7 by dialing **(877) 927-8387**.

## CHAPLAIN SERVICES

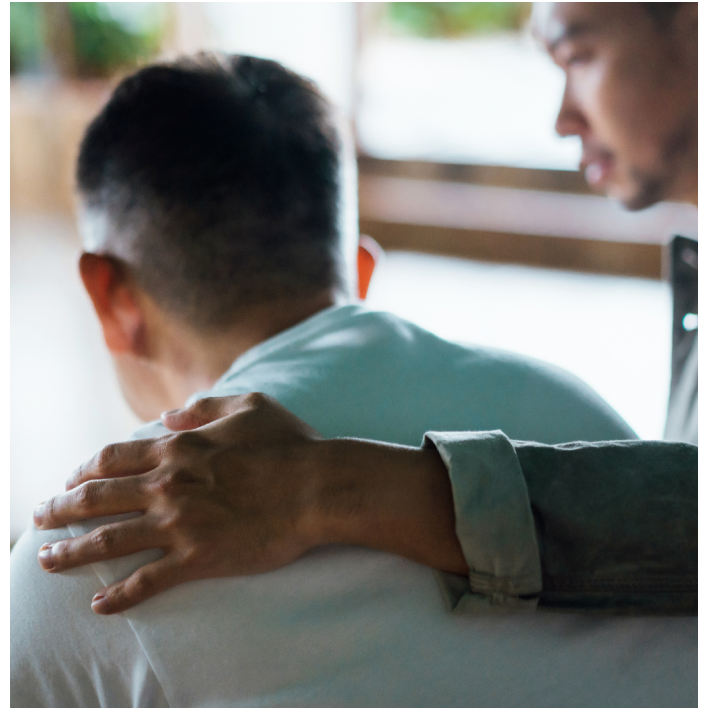
[WWW.PATIENTCARE.VA.GOV/CHAPLAIN/CHAPLAIN\\_DIRECTORY.ASP](http://WWW.PATIENTCARE.VA.GOV/CHAPLAIN/CHAPLAIN_DIRECTORY.ASP)

Chaplain Services are available to provide bereavement care to family members of Veterans and Service members who die by suicide.

## UNITING FOR SUICIDE POSTVENTION (USPV)

[WWW.MIRECC.VA.GOV/VISN19/POSTVENTION/](http://WWW.MIRECC.VA.GOV/VISN19/POSTVENTION/)

USPV is a program devoted to suicide postvention for those who have lost a loved one to suicide. Suicide loss survivors can learn more about common experiences by visiting the USPV website and accessing the videos, podcasts, and helpful resources.



## SUICIDE PREVENTION COORDINATORS (SPCS)

[WWW.VETERANSCRISISLINE.NET/FIND-RESOURCES/LOCAL-RESOURCES/](http://WWW.VETERANSCRISISLINE.NET/FIND-RESOURCES/LOCAL-RESOURCES/)

Each VA medical center provides access to SPCS, who provides services and postvention support to survivors of suicide loss.

## VETERANS CRISIS LINE (VCL)

[WWW.VETERANSCRISISLINE.NET/](http://WWW.VETERANSCRISISLINE.NET/)

The VCL provides access to free, confidential support 24/7, 365 days a year to Veterans, Service members, their families, and those who support them. Individuals who call VCL and report a Veteran suicide death may request postvention support, which generates a referral to your nearest VA medical center SPC.

To call the Veterans Crisis Line, **dial 988 then Press 1**, or **text 838255**.

To chat online, visit [www.veteranscrisisline.net/chat/](http://www.veteranscrisisline.net/chat/).





# VA BURIAL AND CEMETERY RESOURCES

## BURIAL AND MEMORIAL BENEFITS

[WWW.VA.GOV/BURIALS-MEMORIALS/ELIGIBILITY/](http://WWW.VA.GOV/BURIALS-MEMORIALS/ELIGIBILITY/)

The National Cemetery Administration (NCA) offers cemetery and burial benefits, which include:

- Interment in a [VA National cemetery](#). Interment in a [VA-funded state, county, or tribal Veterans' cemetery](#) may also be available,
- [Memorial items](#) (headstones, markers, medallions, flags, and presidential memorial certificates), and
- The [Veterans Legacy Memorial](#), an online memorial space for loved ones to share memories, learn about Veterans, and engage in memorialization.



NCA can be reached by calling (800) 535-1117 (TTY: 711) or by visiting [www.cem.va.gov](http://www.cem.va.gov).



## VA BENEFITS RESOURCES



## OFFICE OF SURVIVORS ASSISTANCE

[WWW.VA.GOV/SURVIVORS/](http://WWW.VA.GOV/SURVIVORS/)

The Veterans Benefits Administration (VBA) Office of Survivors Assistance serves as a resource regarding all benefits and services furnished by VA to survivors and dependents of deceased Veterans and members of the Armed Forces.

The Office of Survivors Assistance can be reached by emailing [officeofsurvivors@va.gov](mailto:officeofsurvivors@va.gov) or by calling VBA at (800) 827-1000.

## CASUALTY ASSISTANCE PROGRAM

[WWW.VA.GOV/FIND-LOCATIONS/](http://WWW.VA.GOV/FIND-LOCATIONS/)

Each VBA Regional Office has a dedicated **Casualty Assistance Coordinator** who is responsible for providing outreach services to eligible survivors. Locate the nearest Regional Office on the website or call (800) 827-1000.

## BURIAL AND MEMORIAL BENEFITS

[WWW.VA.GOV/BURIALS-MEMORIALS/](http://WWW.VA.GOV/BURIALS-MEMORIALS/)

VA burial and memorial benefits are available to support the needs of families at their time of need.



LET OUR RESOURCES AND SUPPORT HELP YOU.



# NON-VA SUPPORT



## TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)

[WWW.TAPS.ORG/SUICIDE](http://WWW.TAPS.ORG/SUICIDE)

TAPS provides services to all those grieving the death of a military loved one, including children and families. Connect with trained peer volunteers for support and resources. TAPS can also be reached 24/7 by calling (800) 959-TAPS (8277).

## ALLIANCE OF HOPE

[WWW.ALLIANCEOFHOPE.ORG/](http://WWW.ALLIANCEOFHOPE.ORG/)

Alliance of Hope offers resources to help survivors and family members cope with loss and begin to heal. Connect with other suicide loss survivors through an online community forum.



## SUICIDE PREVENTION RESOURCE CENTER (SPRC)

[WWW.SPRC.ORG/POPULATIONS/SURVIVORS-OF-SUICIDE-LOSS/](http://WWW.SPRC.ORG/POPULATIONS/SURVIVORS-OF-SUICIDE-LOSS/)

SPRC offers recommended resources for individuals impacted by suicide loss.

## AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

[WWW.AFSP.ORG/IVE-LOST-SOMEONE/](http://WWW.AFSP.ORG/IVE-LOST-SOMEONE/)

AFSP offers resources for understanding and navigating suicide loss. Access AFSP's Healing Conversations, use the search engine to find a local or virtual support group, and learn more about attending an International Survivors of Suicide Loss Day event.

## NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG)

[WWW.NACG.ORG/](http://WWW.NACG.ORG/)

NACG offers guides and tips on how to talk with a child who is grieving and offers a directory of support service providers in the community.

## THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN)

[WWW.NCTSN.ORG/RESOURCES/TALKING-TO-YOUR-CHILD-ABOUT-A-SUICIDE-DEATH-A-GUIDE-FOR-PARENTS-AND-CAREGIVERS](http://WWW.NCTSN.ORG/RESOURCES/TALKING-TO-YOUR-CHILD-ABOUT-A-SUICIDE-DEATH-A-GUIDE-FOR-PARENTS-AND-CAREGIVERS)

NCTSN offers a guide for talking to children about suicide loss.



Any reference or inclusion of external resources does not constitute an endorsement by VA or the United States.

TAKE GOOD CARE IN THE JOURNEY AHEAD.