LOCAL RESOURCES

WEBER HUMAN SERVICES
24-Hour Crisis Response Line | 801-625-3700
Provides crisis phone service to Weber and Morgan County residents.

NATIONAL SUICIDE PREVENTION HOTLINE:
1-800-273-8255
A free 24-hour service, connects individuals to trained crisis workers from the University of Utah Hospital.

DISASTER AND CRIME SCENE CLEAN-UP
Payment assistance can usually be found through homeowner's insurance. Contact them to find a recommended company if needed. If you do not have home owner's insurance, companies can be located through the phonebook or internet search.

LEGACY SUPPORT GROUP FOR SURVIVORS OF SUICIDE LOSS
1724 E 5600 S, South Ogden, UT, 84403
(At A Center for Grieving Children)
Every 2nd Wednesday of the month 6:30-8:30 pm
Don and Judy 801-771-9307

CENTER FOR GRIEVING CHILDREN
801-476-1127 | 1724 E 5600 S, South Ogden
www.familysummit.org
Provides grief support for children, teens, and their families, as well as workshops and presentations on how children grieve and how to provide support and promote healing.

FAMILY SUPPORT CENTER
801-393-3113 | 3340 Harrison Blvd., Ogden
www.fsogden.org
Support for families in crisis including in-home visits and education, respite care, parenting classes and youth classes.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
UTAH
801-323-9900
www.namiut.org
Free education classes and peer support for those who struggle with mental illness, and separate education and peer support for family members.

FAMILY COUNSELING SERVICE OF NORTHERN UTAH
801-399-1600 | 210 E Center Street, Clearfield
801-399-1600 | 3518 Washington Blvd, Ogden
familycounselingserviceofnorthernutah.com
Low-cost quality counseling for families and individuals who do not have insurance.

INTERMOUNTAIN MCKAY DEE HOSPITAL
BEHAVIORAL HEALTH
801-387-5600 | 3903 Harrison Blvd, Ogden
EMERGENCY ROOM
801-387-7000 | 4401 Harrison Blvd, Ogden

OGDEN REGIONAL MEDICAL CENTER EMERGENCY ROOM AND ADDICTION TREATMENT CENTER
801-479-2111 | 5475 S 500 E, Ogden

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
www.afsp.org
To find more resources and to reach out to, or hear the stories of, others who have lost a loved one to suicide. AFSP also provides training for survivors who wish to facilitate survivor support groups or to get involved in education and advocacy.

SAFETY PLAN TEMPLATE
Or use the free safety plan App, “MY3”

FOR MORE GRIEF SUPPORT GROUP OR COUNSELING OPTIONS:
Davis County Behavioral Health Resource Directory
http://tinyurl.com/q3bb9rf
YOU ARE NOT ALONE
Each year in the US, 3 million people lose a family member to suicide. These survivors of suicide loss are trying to cope with the grief and heart-wrenching emotions surrounding this loss, just like you.

Powerful emotions are often a part of the grief process for survivors of suicide loss. For example:

- **SHOCK** Disbelief, disorientation or emotional numbness
- **ANGER** Towards your loved one, yourself, or others
- **GUILT** You might replay “what if” and “if only” scenarios in your mind
- **DESPAIR/DEPRESSION** Including sadness, loneliness or helplessness. You might have disturbed sleep or appetite, or even consider suicide yourself.
- **RELIEF** Especially if the suicide followed a long period of suffering or mental illness

You might continue to experience intense reactions during the weeks and months after your loved one’s suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide. The aftermath of a loved one’s suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

(Adapted from Mayo Clinic Staff, 2014.)

AFTER A LOSS

**KEEP IN TOUCH.** Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who’ll simply offer a shoulder to lean on when you’d rather be silent.

**GRIEVE IN YOUR OWN WAY.** Do what’s right for you, not necessarily someone else. If you find it too painful to visit your loved one’s grave site or share the details of your loved one’s death, wait until you’re ready.

**BE PREPARED FOR PAINFUL REMINDERS.**
Anniversaries, holidays and other special occasions can be painful reminders of your loved one’s suicide. Don’t chide yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.

**DON’T RUSH YOURSELF.** Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don’t be hurried by anyone else’s expectations that it’s been “long enough.”

**EXPECT SETBACKS.** Some days will be better than others, even years after the suicide — and that’s okay. Healing doesn’t often happen in a straight line.

**CONSIDER A SUPPORT GROUP FOR FAMILIES AFFECTED BY SUICIDE.** Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength (Adapted from Mayo Clinic Staff, 2014.)

There are community agencies and online support available for you and your loved one (See resource section).

AFTER AN ATTEMPT

**CONSIDER CREATING A SAFETY PLAN WITH YOUR LOVED ONE.** Safety Plans help individuals prevent and prepare for a suicidal crisis by writing down the following information:

- **“TRIGGERS,”** of suicidal thoughts, and warning signs
- **COPING STRATEGIES** that can be done when alone
- **DISTRACTIONS** including people and social settings
- **INDIVIDUALS** and professionals that can be called for help
- **PRECAUTIONS** to make the environment safe
- **THE ONE THING** that is most important to live for: be it a person, responsibility, value, or goal.

(Safety plan link and app are included in resource section)

**REMOVE ACCESS TO LETHAL MEANS.**
During a suicidal crisis, it is extremely important to create a safe environment at home.

If at all possible, remove all firearms and bullets from the home by asking a friend or relative to temporarily store them. Police stations, storage facilities, or gun retailers will often provide storage as well. If that is impossible, take extra safety precautions by changing the combination to your safe, storing the bullets separately, etc.

It is also important to reduce access to alcohol, illicit drugs, painkillers, or prescription medications. Keep only small amounts if necessary or keep them in a locked container.

**DO YOUR BEST TO AVOID LEAVING THE PERSON ALONE UNTIL THE CRISIS HAS PASSED.**

**IF THEY ARE THREATENING** or making plans for another attempt, take them immediately to a psychiatric facility or emergency room.

**GET FOLLOW-UP HELP FOR YOUR LOVED ONE.**
There are community agencies and online support available for you and your loved one (See resource section).