

*If you have lost someone to suicide, you are not alone. Please contact any of these resources for support through this hard time.*

**RESOURCES:**

WinterSpring Grief Support – (541) 552-0620

Jackson County Mental Health – (541) 774-8201

Crisis Team (24 hours day/ 7days week)

Community Works HelpLine – Crisis line – (541) 779-4357

(24 hours day/ 7days week)

Department of Veterans Affairs – (541) 826-2111 x 3631

National Alliance on Mental Illness (NAMI) - (541) 774-7872

American Foundation for Suicide Prevention – [www.afsp.org](http://www.afsp.org)

**After the suicide of a loved one:**

- The wide range of difficult emotions and possible trauma you may feel is very common: guilt, deep sorrow, fear, a crisis of faith, blame, anger, rage, recurring thoughts about the death, abandonment and helplessness.
- Get help. It's common to feel like you are alone in your grief. Support groups - especially for suicide loss survivors bring together people who have lived through what you are experiencing. Individual support/counseling can also be very helpful.