

Grieving & Bereavement Support

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**CONSTRUCTION SUICIDE
PREVENTION WEEK**

Bereavement Support Resources for Survivors

Help is Available for Those Grieving

- Clergy/Pastor/Chaplain
- Counselor/Therapist
- Employee Assistance Program (EAP) or Member Assistance Program
- Employer- or union-sponsored Group Health Benefit Plans
 - Union = Health & Welfare Program
- 988 -- Crisis & Suicide Prevention Lifeline
- Crisis Text Line (*Text HELP to 741741*)

American Foundation for Suicide Prevention

(www.AFSP.org)

- Bereavement Support and Resources
- Healing Conversations Program Coordinators
- Support Groups for Survivors
- Out of the Darkness Walks

<https://afsp.org/find-a-local-chapter/>



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Foundation
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Grief Lessons Learned

1. Grief is a personal response. We all grieve differently.
2. Take time to grieve.
3. Stay connected to friends and family.
4. Do not shut-out support.
5. Lean into whatever support is offered or available.
5. Be the kind of friend who a friend in need can call at 2 am
6. If in doubt if someone is not ok, ask and ask again.
7. Periodically follow-up to check-in/check-up on those grieving.



How to Support Survivors of Suicide

- ❑ Don't ignore us or wait for a better time.
- ❑ There won't be a better time
- ❑ Get the awkward moment behind us so we can go forward together
- ❑ Don't worry about what you say: just be present (with us)
- ❑ Call our loved one by his/her name
- ❑ Share your favorite memories of our loved one
- ❑ Please come to the Wake/Memorial Service and celebrate the life of our loved one
- ❑ Please ask how we're doing when you bump into us
- ❑ It's ok to mail or drop-off a card
- ❑ Your kinds acts of service demonstrate your love and provide hope and promote healing
- ❑ It's ok to remember the anniversary date of our loved one's passing - we're already going to be sad, your note will be appreciated



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