

## After a Death by Suicide: Brochures, Booklets, Handouts

### American Foundation for Suicide Prevention (AFSP) resources

Contact the Minnesota chapter of the American Foundation for Suicide Prevention (AFSP) to request printed copies of brochures and handouts. [Minnesota | AFSP](https://afsp.org/chapter/minnesota) (<https://afsp.org/chapter/minnesota>)

- **After a Suicide brochure:** AFSP's After a Suicide brochure provides comfort and the essential, practical guidance suicide loss survivors so desperately need in the first few days after their loss. The brochure describes common emotional responses to this particular type of grief, information on what research tells us about suicide in a section entitled, "Understanding the Why," and available resources to help them heal. [After a Suicide](https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/78468da5-14f8-460b-a5e9-ae96924b878b/13754_AFSP_After_Suicide_Brochure_m1_v2.pdf) ([https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/78468da5-14f8-460b-a5e9-ae96924b878b/13754\\_AFSP\\_After\\_Suicide\\_Brochure\\_m1\\_v2.pdf](https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/78468da5-14f8-460b-a5e9-ae96924b878b/13754_AFSP_After_Suicide_Brochure_m1_v2.pdf))
- **Surviving a Suicide Loss Resource and Healing Guide:** AFSP's *Surviving a Suicide Loss: Resource and Healing Guide* is a guide for suicide loss survivors providing support, resources, and tools to foster hope and healing. It contains practical information as well as stories from experts and fellow loss survivors. [Surviving a Suicide Loss Resource and Healing Guide](https://aws-fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1) (<https://aws-fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1>)
- **#RealConvo Guide - How to Talk to a Suicide Loss Survivor:** Ten tips to help you navigate conversations with suicide loss survivors in a kind, thoughtful and responsible way. [#RealConvo Guide - How to Talk to a Suicide Loss Survivor](https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/493368ce-0ba8-481c-9c20-ef88b3901d1a/how-to-talk-to-a-suicide-loss-survivor-4.pdf) (<https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/493368ce-0ba8-481c-9c20-ef88b3901d1a/how-to-talk-to-a-suicide-loss-survivor-4.pdf>)
- **Self-Care Strategies for Resilience:** A one-pager with self-care strategies and a worksheet to add your own personal strategies. [Self Care Strategies for Resilience](https://www.datocms-assets.com/12810/1648651367-14086_afsp_selfcare_strategies_flyer_update_m1.pdf) ([https://www.datocms-assets.com/12810/1648651367-14086\\_afsp\\_selfcare\\_strategies\\_flyer\\_update\\_m1.pdf](https://www.datocms-assets.com/12810/1648651367-14086_afsp_selfcare_strategies_flyer_update_m1.pdf))
- **Book and Film Recommendations for Loss Survivors:** A booklet with a list of book and film recommendations or loss survivors. [Book and Film Recommendations for Loss Survivors](https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/aa53b8a4-4bca-46b6-a419-d076d9ce8702/Book-and-Film-Resources-Booklet.pdf) (<https://block-image-uploader-prod.s3.us-west-2.amazonaws.com/aa53b8a4-4bca-46b6-a419-d076d9ce8702/Book-and-Film-Resources-Booklet.pdf>)

## Suicide Awareness Voices of Education (SAVE) resources

- **Suicide Grief: Making Meaning Out of Loss:** This handout provides coping strategies for people who have been touched by suicide. [Suicide Grief: Making Meaning Out of Loss \(https://www.save.org/wp-content/uploads/2024/02/Suicide-Grief-Making-Meaning-Out-of-Loss.pdf\)](https://www.save.org/wp-content/uploads/2024/02/Suicide-Grief-Making-Meaning-Out-of-Loss.pdf)
- **Providing Support to Someone Experiencing Suicide Loss:** This handout discusses appropriate ways to comfort suicide survivors. [Providing Support to Someone Experiencing Suicide Loss \(https://www.save.org/wp-content/uploads/2024/02/Providing-Support-to-Someone-Experiencing-Suicide-Loss.pdf\)](https://www.save.org/wp-content/uploads/2024/02/Providing-Support-to-Someone-Experiencing-Suicide-Loss.pdf)
- **Common Misconceptions of Suicide:** This handout common misconceptions regarding suicide. [Common Misconceptions of Suicide \(https://www.save.org/wp-content/uploads/2024/02/Common-Misconceptions-of-Suicide.pdf\)](https://www.save.org/wp-content/uploads/2024/02/Common-Misconceptions-of-Suicide.pdf)
- **Why Do People Die by Suicide?:** This handout discusses the complexities of why someone may die by suicide. [Why Do People Die by Suicide? \(https://www.save.org/wp-content/uploads/2024/02/Why-Do-People-Die-by-Suicide.pdf\)](https://www.save.org/wp-content/uploads/2024/02/Why-Do-People-Die-by-Suicide.pdf)

## National Alliance on Mental Illness (NAMI) Minnesota Handouts

- **Understanding Suicide:** This handout shares contributing factors to suicide, emotions commonly experienced by suicide loss survivors, things you can do to help with the grieving process. [Understanding Suicide \(https://namimn.org/wp-content/uploads/sites/48/2024/05/02-Understanding-Suicide-Updated-2024\\_05.pdf\)](https://namimn.org/wp-content/uploads/sites/48/2024/05/02-Understanding-Suicide-Updated-2024_05.pdf)
- **Talking About Suicide Safely:** This handout provides guidance on safe messaging, and how to talk about suicide safely and share stories in a way that supports healing and help-seeking behavior among people vulnerable to suicidal thoughts and behavior. [Talking About Suicide Safely \(https://namimn.org/wp-content/uploads/sites/48/2024/05/06-Safe-Suicide-Messages-Updated-2024\\_05.pdf\)](https://namimn.org/wp-content/uploads/sites/48/2024/05/06-Safe-Suicide-Messages-Updated-2024_05.pdf)
- **Suicide and Life Insurance:** This fact sheet provides important information about Minnesota’s law governing life insurance policies after a suicide death. [Suicide and Life Insurance \(https://namimn.org/wp-content/uploads/sites/48/2024/05/07-Life-Insurance-and-Suicide-Updated-2024\\_05.pdf\)](https://namimn.org/wp-content/uploads/sites/48/2024/05/07-Life-Insurance-and-Suicide-Updated-2024_05.pdf)

Minnesota Department of Health Suicide Prevention Unit  
 85 East 7th Pl, PO Box 64882, St. Paul, MN 55164-0882  
[health.suicideprev.mdh@state.mn.us](mailto:health.suicideprev.mdh@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us)  
 To obtain this information in a different format, call: 651-201-5400.  
 5-22-24