

## LOCAL RESOURCES

### DAVIS BEHAVIORAL HEALTH 24-HOUR CRISIS RESPONSE LINE

801-773-7060

Mobile Crisis Team available to come on site if necessary.

### 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.

### SHATTERED AND SURVIVING SUPPORT GROUP FOR SURVIVORS OF SUICIDE LOSS

For meeting times and location please email:

Kim Penman: penman.kimberly@yahoo.com

### CENTER FOR GRIEVING CHILDREN

801-476-1127 | 1724 E 5600 S, South Ogden

[www.familysummit.org](http://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.

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) UTAH

801-323-9900 | [www.namiut.org](http://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 | 22 S State Street, Clearfield

801-399-1600 | 3518 Washington Blvd, Ogden

[familycounselingserviceofnorthernutah.com](http://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

### DAVIS HOSPITAL: BEHAVIORAL HEALTH UNIT AND EMERGENCY ROOM

801-807-1000 | 1600 W Antelope Drive, Layton

### LAKEVIEW HOSPITAL: BEHAVIORAL HEALTH UNIT AND EMERGENCY ROOM

801-299-2200 | 630 Medical Dr, Bountiful

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

[www.afsp.org](http://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

[www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf](http://www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf)

Or use the free safety plan App, "MY3"

### FAMILY CONNECTION CENTER:

801-771-4642 | 875 E Highway 193, Layton

801-773-0712 | 1360 E 1450 S, Clearfield

801-773-0712 | 130 E 100 N, Bountiful

[www.utahfcc.org](http://www.utahfcc.org)

Provides free crisis childcare services and individual and family therapy at a greatly reduced cost.

### FOR MORE GRIEF SUPPORT GROUP OR COUNSELING OPTIONS:

*Davis County Behavioral Health Resource Directory*

[http://www.co.davis.ut.us/mental\\_health](http://www.co.davis.ut.us/mental_health)

**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.

# A LOCAL GUIDE TO RESOURCES AND HEALING

For Families Affected By Suicide

DAVIS COUNTY 2015



DAVIS  BEHAVIORAL HEALTH



## 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 gravesite 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*).