



## Support for Healing

### Resources for Those Who Have Lost A Loved One to Suicide

You are a fundamental part of Trevor's community, and as you help us be there for young people 24/7, we want to help you find the support you need to honor the memory of your loved one. Here are some Trevor-approved resources you may find helpful and healing:

#### I'm Grieving a Loss

<https://www.centerforloss.com/grief/im-grieving-loss/>

Unique approaches to grief based on various relationships with loss.

#### Alliance of Hope for Suicide Loss Survivors

[Alliance of Hope For Suicide Loss Survivors | Home](#)

Find community and healing with Alliance of Hope, a non-profit dedicated to suicide loss survivors. Connect with others and honor a passed loved one on their memorial wall.

#### Psych Central

[The Ball and Box Analogy on Coping with Grief](#)

Grieving may feel like a giant ball in a box with a pain button. This analogy may help you understand the grieving process more fully.

#### Resources for Survivors of Suicide Loss

<https://sprc.org/tools/resources-survivors-suicide-loss/>

A PDF that houses resources like prevention, support groups, and advocacy for survivors of suicide loss.

#### Dougy Center: Help for Teens

<https://www.dougy.org/grief-resources/help-for-teens/>

A safe place for children, teens, young adults, and their families who are grieving a death to share their experience.