

SUICIDE LOSS SURVIVOR RESOURCES IN SPOKANE AREA AND ON-LINE



Local Resources for Suicide Loss Survivors:

Journey Thru Grief

Tracey Oeser, MS

<https://journeythrugrief.com/>

1:1 and Group Grief Coaching, Loss Survivor Events, Podcasts, and Resources for suicide loss survivors

Hope Haven Counseling

Heidi Ehrlich, MA, LMHC, NCC

hopehavencounseling@counselingsecure.com

SOLOS Support Groups (free), Events, Referrals for Counseling

R.I.S.E. Northwest (Camp Hope- 16 week program for children)

<https://www.risenorthwest.org/services>

Suicide Survivors Support Group- North Idaho:

- <https://save.org/blog/support-groups/suicide-survivors-support-group-north-idaho/>

K2 Equestrian Center- Hayden, Idaho

<https://k2equestriancenter.org/our-therapy-programs/>

FREE REIN Therapeutic Riding (equine therapy)

<https://freereinspokane.com/>

Camp Chmepa (grief camp for kids run by Hospice Spokane)

<https://www.hospiceofspokane.org/grief-support/childrens-grief-support/camp-chmepa/>

On-line Support:

Grief.com (Grief Expert David Kessler offers a 3 week suicide loss support series)

- <https://grief.com/>
- <https://grief.com/suicide/>

Tender Hearts: Grief Support Community

- <https://www.davidkesslertraining.com/tenderhearts.com>

Alliance of Hope for Suicide Loss Survivors

- <https://forum.allianceofhope.org/forums/-/list>

T.A.P.S.- Tragedy Assistance Program for Survivors (support for suicide loss of veteran or military member)

- <https://www.taps.org/suicide>

American Foundation for Suicide Prevention: Healing

Conversations- Personal Support for Suicide Loss (Have a conversation with a volunteer who is a suicide loss survivor)

<https://afsp.org/healing-conversations>

Suicide Bereavement for Teens (SB4T)- online support group

Jessica Lincoln

SB4TLoudoun@gmail.com

Charlie Health Suicide Support Group (virtual)

Maren Stubenvoll

maren@charliehealth.com

406-624-8059

American Association of Suicidology

- *A handbook for Survivors of Suicide*
- https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

Child Traumatic Stress Network (Talking to your Child about a Suicide Death: A Guide for Parents and Caregivers)

<https://www.nctsn.org/resources/talking-to-your-child-about-a-suicide-death-a-guide-for-parents-and-caregivers>

