



Whether you've lost a partner, family member, friend, coworker, or anyone else to whom you were close, Healing Conversations can provide perspective and understanding. The program is available for all ages, in person, on the phone or by video chat.

Losing a loved one to suicide is something no one should have to experience. Arrange a Healing Conversation to speak with a trained volunteer who has experienced a suicide loss previously, and can help you in your healing journey. You don't have to get through this alone.

Healing Conversations are available in person, on the phone or by video chat.

To learn more, or to request your own Healing Conversation, please contact healingconversations@afsp.org or go to afsp.org/healingconversations.

afsp.org



Healing Conversations

Personal support for suicide loss



You're Not Alone in Your Loss

Losing someone to suicide can be a tremendously isolating experience. While suicide is not uncommon – it is currently the 10th leading cause of death in the U.S. – not everyone will know what to say, or how best to support you. You may not know how to tell others how your loved one died, or even whether you should. You should not have to feel alone, because you are not.

Talking to someone else who has lost a loved one to suicide, who knows what it feels like, and is further along in recovering from their loss, can be tremendously helpful.



About the Program

Different than a support group, Healing Conversations is a one-time visit that connects those who have lost a loved one to suicide with trained volunteers who are also survivors of suicide loss. Our volunteers know what it's like to lose someone to suicide. They now help others navigate this challenging journey by offering support, connection and resources.

“Meeting and talking with someone who has been through what I had experienced was so comforting. Before my meeting, I felt like I could not possibly recover from my loss. I now feel that with time, I will be able to get through this.”

– A recent Healing Conversations participant



Moving Forward

Our Healing Conversations volunteers show suicide loss survivors a way forward into a world of support, by creating an opportunity for the newly bereaved to speak openly with someone who understands.

These volunteers know and remember how difficult the first weeks, months and years can be following a suicide. They understand the isolation that so often accompanies a death of this kind.

They also know firsthand that moving forward can feel nearly impossible.

Healing Conversations welcomes survivors of suicide loss as they are, wherever they are in their grief, for a meaningful moment of connection.

While our volunteers won't have all the answers, they are able to point those who are grieving to places they might find ongoing comfort, such as a local support group. They can also suggest books, films, or coping strategies that were particularly helpful in navigating their own grief journey.