

Resources for Losing a Loved one to Suicide:

I am no expert on the resources there are for dealing with the loss of a family or friend to suicide but, this STE family is like no other and means the world to the Hughes family which is why we did our best to get you an easily accessible list of resources you can all use. If none of these resources are fitting your needs or helping you or your children with what you are in need of, feel free to reach out and I can do some more research by looking up on google whatever it is you are needing. There are so many different options out there to help you and your family. This is just a start and an easily accessible list of resources for all of us to look at for assistance on this grieving process.

Website resources:

Suicide Awareness Voices of Education:

<https://save.org/what-we-do/grief-support/>

On this site it has many resources, from explaining what suicide is and finding help in all different ways. One of the things found to be important is the emphasis it puts on grief. It goes into what it is and how to handle the grieving process. Grieving is normal and takes time. When going to this site, hovering over the “Find Help” bar at the very bottom there is a link called “coping with a loss”. Here is where much of the resources will apply to you and your children. Another navigation is at the home page clicking on the “what we do” link. Here you will find a place to click on Grief support, this is another great place to receive help and guidance through this process.

I Need a Lighthouse:

<https://www.ineedalighthouse.org/depression-suicide/after-a-suicide-resources-and-support-for-grieving-families-individuals-and-communities/>

By clicking on this link, it will bring you right to the resources for help after a suicide has taken place in your life. This has many links that can be helpful for coping as an adult and as a child. It also has links for coping with the loss of friends or family to suicide, a resource and healing guide, and many more links for information on the grieving process as well. I found this to be a great place for resources as well as information and help on depression and suicide.

Friends for Survival:

<https://friendsforsurvival.org/children-%26-teens-grief>

This is a site that's built around professionals who work with people who have been touched by suicide. All the help here comes from people with experience in this tragedy. This site provides monthly newsletters and a great resource on how to help a grieving child. This could be a great resource for parents more than the children to visit.

The National Alliance for Grieving Children:

<https://childrengrieve.org/>

This is a great resource for your kids to look into. It offers many different avenues for them to lean on as they grieve. This alliance offers many grieving resources through educating, advocating, and raising awareness.

Suicide and Crisis Hotlines:

<http://www.suicidehotlines.com/minnesota.html>

This is a Minnesota based list of hotline numbers you can use in a crisis.

Counseling resources:

Below are a few options that were found as a place to talk to someone if that is something you are wanting or needing. Here are a few I found throughout the research I have done. Another option is to go through the health clinics you attend as a family, they will be able to guide you in the direction of a counselor that can help with whatever support you are needing.

Eagle Brook Counseling:

<https://eaglebrookchurch.com/next-steps/find-support/counseling/>

This is a Christian based counseling agency. It is through Eagle Brook Church. There are many different specific counseling options here but the one I find most fitting to this grieving process would be the Counseling Care agency they have. This is a resource to talk through your thoughts with. They are there to help you understand and work through your personal emotions.

Suicide Prevention, Awareness, and Support:

<http://www.suicide.org/support-groups/minnesota-suicide-support-groups.html>

This is a link to information about suicide support groups that are offered throughout the state of Minnesota through this Non-Profit organization called Suicide.org.

Care Counseling:

<https://care-clinics.com/suicide-survivor-loss/>

This is a link to a suicide survivor loss information page. Here they offer how to support others as well as yourself. They have book recommendations to help through the aftermath of a suicide. They also offer counseling to talk through the emotions and thoughts you are having.

As always, the STE family stands strongly together. A hockey family like no other.