



Suicide Loss Survivor Resources

Central Minnesota Suicide Loss Survivor Support Groups

For a list of support groups held throughout Minnesota & the U.S., please visit the American Foundation for Suicide Prevention website for a group close to your location.

<https://afsp.org/find-a-support-group>

Due to COVID-19 it is recommended you reach out to the contact of the group to confirm details of when and how the group is meeting.

Healing Hearts – St. Cloud & Melrose

The Healing Hearts of Suicide Survivors Support Group strives to provide a safe place for healing and support. When your loved one or someone you know has died by suicide, your life has been forever changed. With the help of our group, you can work through the complex emotions with the support and hope of other survivors who will walk alongside you “through” your grief journey. For more information contact Roxann Storms at 320-248-1563.

Suicide Loss Bereavement Support Group - Hutchison

Supportive and safe environment for adult suicide loss survivors to share and connect with others who have also experience the loss of a loved one to suicide.

Michele Reno (320) 583-2304 info@2Bcontinued.org	Tammy Diehn (507) 381-4082 info@teubycontunued.org
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Suicide Survivor Support Group – Elk River

Linda & Mark Steinberg (763) 786-2112
mlsteinberg@q.com

Suicide Loss Survivor Support Group – Nisswa

Adults only suicide loss survivor group
Jeri Borgwarth (763) 422-9911
jeriborg@hotmail.com

Heartbeat Suicide Loss Survivor Group – Wilmar

The group was created for mutual support for anyone that has lost someone through suicide.

Kay Clancy (320) 262-6162 heartbeatwillmar@gmail.com	Diane McCarthy (320) 894-0182 heartbeatwillmar@gmail.com
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Suicide Bereavement for Teens (SB4T) - Online

We meet on the second Tuesday of every month from 8pm-9pm. Currently we meet online via Zoom. Please email or call for information on how to access the meeting. This is a group for anyone between the ages of 14-19 who have lost someone to suicide.

Jessica Lincoln (571) 206-1778
SB4TLoudoun@gmail.com

Faith's Lodge

<https://faithslodge.org/>

Faith's Lodge supports parents and families coping with the death of a child (up to mid-20's). They offer different retreats for parents and families based on the age of the child and who will be attending. There is a specific retreat for parents who are suicide loss survivors. Grandparent retreat groups are also offered. This organization is located in the MN/WI area.

Organizations and Websites for Survivors

Alliance of Hope for Suicide Survivors

<http://www.allianceofhope.org/>

This organization for survivors of suicide loss provides information sheets, a blog, and a community forum. Through the forum, survivors can contact others with similar losses, share their stories, and discuss healing from a loss by suicide. The forum operates like a 24/7 support group with a team of trained moderators and a mental health clinician who contributes regularly.

Friends for Survival

<http://www.friendsforsurvival.org>

This organization is for people who have lost family or friends to suicide and professionals who work with people who have been touched by suicide. All the staff and volunteers have been directly impacted by a suicide death. The organization produces a monthly newsletter and runs the Suicide Loss Helpline (1-800-646-7322), which is available 9 a.m.–9 p.m. PT, seven days a week. During COVID-19 they are offering an online loss survivor support group.

Healing Conversations

<https://afsp.org/find-support/ive-lost-someone/healing-conversations/>

Offers in person, by phone, or video chat support. However, it's not a hotline, you have to contact their coordinator or fill out a form to get connected to someone who can create more of a long-term peer support relationship with you.

