

Utah Resources

National Suicide Prevention Lifeline 1-800-273-8255

A free 24-hour service, connects Utah residents to trained crisis workers from the University of Utah Hospital.

SafeUT App

Chat with a crisis counselor

Local Mental Health Authorities 24-Hour Crisis Response Lines

<http://dsamh.utah.gov/mental-health/>

Counties with mobile crisis teams to serve youth: Salt Lake, Davis, Utah, Washington, Iron

County	Phone #
Beaver, Garfield, Iron, Kane	(800) 574-6763
Box Elder	(435) 452-8612
Cache, Rich - (Mental Health) After Hours -	(435) 752-0750 (435) 757-3240
Cache, Rich - (Substance Abuse) After Hours -	(435) 752-0750 (435) 757-3240
Carbon	(435) 637-0893
Davis	(801) 773-7060
Duchesne, Daggett, Uintah	(435) 828-8241
Emery	911 or (435) 381-2404
Grand	(435) 259-8115
Juab, Millard, Piute, Sanpete, Sevier, Wayne After Hours -	(800) 523-7412(877)-469-2822
Salt Lake UNI	(801) 587-3000
San Juan	(435) 979-1588
Summit	(435) 649-9079
Tooele	(435) 862-5600
Utah	(801) 373-7393
Wasatch	(801) 318-4016
Washington	(435) 634-5600
Weber & Morgan	(801) 625-3700

Safety Plan Template

www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf

Or use the free safety plan App, "MY3"

National Alliance on Mental Illness (NAMI) Utah

801-323-9900
www.namiut.org

Free education classes and peer support for those that struggle with mental illness, and separate education and peer support for family members.

For LGBT Resources and Crisis Support 866-488-7386

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

Online Grief Support / Find a Support Group / Request a Personal Outreach <http://afsp.org/find-support/ive-lost-someone/>

For More Grief Support Group or Counseling Options www.health.utah.gov/vipp/topics/suicide/resources.html

To review the Resource Directories of several counties in Utah

www.utahsuicidprevention.org
Find information and resources.

Disaster and crime scene clean-up

Payment assistance can usually be found through homeowner's insurance. Contact them to find a recommended company if needed. If you do not have home owner's insurance, companies can be located through the phone book or internet search.

A Utah Guide to Resources and Healing

For Families Affected
By Suicide

2016



UTAH DEPARTMENT OF
HEALTH

You are not alone.

Each year in the US, more than 3 million people lose a family member to suicide. These survivors of suicide loss are trying to cope with the grief and heart-wrenching emotions surrounding this loss, just like you.

Powerful emotions are often a part of the grief process for survivors of suicide loss. For example:

SHOCK Disbelief, disorientation, or emotional numbness

ANGER Towards your loved one, yourself, or others

GUILT You might replay "what if" and "if only" scenarios in your mind

DESPAIR/DEPRESSION Including sadness, loneliness or helplessness. You might have disturbed sleep or appetite, or even consider suicide yourself. Please use the resources on the back of this pamphlet if you find yourself feeling this way

RELIEF Especially if the suicide followed a long period of suffering or mental illness

You might continue to experience intense reactions during the weeks and months after your loved one's suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide. The aftermath of a loved one's suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being

(Adapted from Mayo Clinic Staff, 2014.)

After a Loss

KEEP IN TOUCH. Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who'll simply offer a shoulder to lean on when you'd rather be silent.

GRIEVE IN YOUR OWN WAY. Do what's right for you, not necessarily someone else. If you find it too painful to visit your loved one's gravesite or share the details of your loved one's death, wait until you're ready.

BE PREPARED FOR PAINFUL REMINDERS.

Anniversaries, holidays and other special occasions can be painful reminders of your loved one's suicide. Don't chide yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.

DON'T RUSH YOURSELF. Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don't be hurried by anyone else's expectations that it's been "long enough."

EXPECT SETBACKS. Some days will be better than others, even years after the suicide — and that's OK. Healing doesn't often happen in a straight line.

CONSIDER A SUPPORT GROUP FOR FAMILIES AFFECTED BY SUICIDE. Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength.

(Adapted from Mayo Clinic Staff, 2014.)

After an Attempt

CREATE A SAFETY PLAN

Safety Plans help individuals prevent and prepare for a suicidal crisis by writing down the following information: "TRIGGERS," of suicidal thoughts, and warning signs **COPING STRATEGIES** that can be done when alone **DISTRACTIONS** including people and social settings **INDIVIDUALS** and professionals that can be called for help **PRECAUTIONS** to make the environment safe

The one thing that is most important to live for: be it a person, responsibility, value, or goal.

(Safety plan link & app are included in resource section.)

REMOVE ACCESS TO LETHAL MEANS

During a suicidal crisis, it is extremely important to create a safe environment at home.

If at all possible, remove all firearms and bullets from the home by asking a friend or relative to temporarily store them. Police stations, storage facilities, or gun retailers will often provide storage as well. If that is impossible, take extra safety precautions by changing the combination to your safe, storing the bullets separately, etc.

It is also important to reduce access to alcohol, illicit drugs, painkillers, or prescription medications. Keep only small amounts if necessary or keep them in a locked container.

DO NOT LEAVE THEM ALONE UNTIL THE CRISIS HAS PASSED.

IF THEY ARE THREATENING OR MAKING PLANS for another attempt, take them immediately to a psychiatric facility or emergency room.

GET FOLLOW UP HELP FOR YOUR LOVED ONE.

There are community agencies and online support available for you and your loved one. See resource section.