

# Resources for People who Think About Suicide

View this resource list online: [www.namimass.org/suicide](http://www.namimass.org/suicide).

**Updated December 2024**

**Need additional resources related to suicide?** Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at [compass@namimass.org](mailto:compass@namimass.org), or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: [www.namimass.org/compass](http://www.namimass.org/compass).



## Immediate Resources

Need resource right away? Check these out:

### **Crisis Call, Text, and Chat Services**

<https://namimass.org/wp-content/uploads/handout-crisis-call-text-and-chat-services.pdf>

For people who are feeling sad, lonely, or hopeless, thinking about suicide – or worried about a friend or loved one – crisis call, text, and chat services are a way to connect with someone immediately and get support.

### **Navigating a Crisis**

<https://namimass.org/in-a-crisis/>

More resources and ideas.

## Peer-Led Groups

Find support within these spaces for people who think about suicide.

### **Alternatives to Suicide Support Groups**

Alternatives to Suicide support groups run by and for people who have had past suicide attempts or who have thoughts about suicide. During groups, people share their successes and their challenges, provide support for one another and strategize and share ideas for coping with difficult life circumstances.

Wildflower Alliance

<https://wildfloweralliance.org/online-support-groups>

Advocates, Inc

<https://advocates.org/virtual-support-groups>

Metro Boston Recovery Learning Community

<https://www.mbrlc.org/brc>

Yarrow Collective

<https://www.yarrowcollective.org/peer-support-groups>

### **Finding the Message Through the Mess**

<https://heypeers.com/organizations/127/>

This group is an online support group with the specific topic of surviving suicide and those living with suicidal ideation. Always know you are important in this space. We all have something to contribute that could help some else with their Journey.

### **I'm Still Here**

<https://deedeescry.org/support-groups/>

A support group for those of us who considered suicide

### **Living with Suicide Support Group**

<https://kivacenters.org/peer-support-groups/>

This group is a safe space where people with similar experiences can discuss all the alternatives we have surrounding the topic of suicide. We are non-judgmental, non-clinical, and we are not mandated reporters. You are safe here to speak freely in an open and caring atmosphere and be supported in your experiences.

### **Suicide as a Language of Pain**

<https://www.folktime.org/what-we-do/supportgroups>

Do you ever just want to be able to talk about what's happening and not be afraid to share? Come join others who live with the pain and want to share hope with each other without judgement or fear of reaction.

## Online Communities

These online communities for people who think about suicide are a good source for asynchronous support.

### **Suicide Watch**

<https://www.reddit.com/r/SuicideWatch/>

Peer support for anyone struggling with suicidal thoughts.

## Resources for People Who Have Lost Someone to Suicide

### **Survivor to Survivor Network:**

Survivor to Survivor Network (SSN) is a program where trained volunteers who have lost a loved one to suicide visit those who have experienced a recent loss. They are available to listen, answer questions, and provide support and resources.

Samaritans of Boston

<https://samaritanshope.org/our-services/grief-support/>

Samaritans of Merrimack Valley

<https://www.fsmv.org/suicide-prevention/support/>

### **Healing Conversations:**

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

Healing Conversations gives those who have lost someone to suicide the opportunity to talk with someone else who has that experience. Available in person, on the phone, or by video chat,

volunteers offer understanding and guidance following a suicide death. People who are newly bereaved can speak openly with, and ask questions of, someone who has been there.

### **SafePlace Support Groups:**

SafePlace is a support group for people 18 and older who have experienced the loss of a loved one to suicide. The facilitators are trained Samaritans volunteers, many who have also lost a loved one to suicide. SafePlace provides an atmosphere of acceptance for exploring feelings that are often not understood by others. The groups offer a chance to share helpful resources, and to give and get support through the long grief process.

Samaritans of Boston

<https://samaritanshope.org/our-services/grief-support/>

Samaritans of Merrimack Valley

<https://fsmv.org/suicide-prevention/support/>

Samaritans Southcoast

<https://www.samaritanssoco.org/i-lost-someone-to-suicide>

Samaritans of Cape Cod

<https://capesamaritans.org/grief-services/>

Samaritans of New York

<https://samaritansnyc.org/get-support/bereavement-services/>

Samaritans of Rhode Island

<http://www.samaritansri.org/our-programs/safe-place>

### **Other Massachusetts-Based Support Groups:**

Life After Loss

<https://deedeescry.org/support-groups/>

Move4Ward Support Group

<https://www.mass211.org/4ward>

Sharing Kindness Support Groups

<https://sharingkindness.org/suicide-loss-survivor-grief-groups/>

Suicide Loss Bereavement Group

<https://www.hopefloatswellness.org/support-programs-services/support-groups/>

Suicide Loss Support Groups in Western Mass

<https://www.berkshirecoalition.org/i-am-grieving>

Survivors of Suicide Support Group

<http://www.4sans.org/resources.html>

### **Other Support Groups Based Outside Massachusetts:**

Friends for Survival

<https://friendsforsurvival.org/meetings>

Survivors of Suicide Loss

<https://www.soslsd.org/page-18154>