

LOCAL RESOURCES

BEAR RIVER MENTAL HEALTH SERVICES, INC.

24-Hour Crisis Response Line

Cache 435-752-0750 / Rich 800-620-9949

Provides crisis phone service for residents in Cache and Rich Counties.

THE FAMILY PLACE

435-752-8880

www.TheFamilyPlaceUtah.org

380 West 1400 North, Logan

Low cost services including Kid's Place, workshops and counseling.

FAMILY INSTITUTE OF NORTHERN UTAH

435-752-1976

190 East Center Street, Logan

Low cost quality counseling for families and individuals who do not have insurance.

LOGAN REGIONAL HOSPITAL

BEHAVIORAL HEALTH

435-716-5320

500 East 1400 North, Logan

MENTAL HEALTH RESOURCE DIRECTORY FOR BOX ELDER, CACHE, AND RICH COUNTIES

[http://www.brhd.org/documents/health_promotions/](http://www.brhd.org/documents/health_promotions/346-mental-health-direcorysm.html)

[346-mental-health-direcorysm.html](http://www.brhd.org/documents/health_promotions/346-mental-health-direcorysm.html)

Download the guide at the above link.

OTHER RESOURCES

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

UTAH

801-323-9900

www.namiut.org

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

NATIONAL SUICIDE PREVENTION HOTLINE:

1-800-273-TALK (8255)

A free 24-hour service, connects individuals to trained crisis workers from the University of Utah Neuropsychiatric Institute.

DISASTER AND CRIME SCENE SERVICES

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 phonebook or internet search.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

www.afsp.org

To find more resources and to reach out to, or hear the stories of, others who have lost a loved one to suicide. AFSP also provides training for survivors who wish to facilitate survivor support groups or to get involved in education and advocacy.

SAFETY PLAN TEMPLATE

[http://www.sprc.org/sites/sprc.org/files/](http://www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf)

[SafetyPlanTemplate.pdf](http://www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf)

Or use the free safety plan App, "MY3"

A LOCAL GUIDE TO RESOURCES AND HEALING

For Families Affected By Suicide

CACHE COUNTY 2015



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Each year in the US, 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.*
- **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.)



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

AFTER AN ATTEMPT

CONSIDER CREATING A SAFETY PLAN WITH YOUR LOVED ONE. 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 and 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 YOUR BEST TO AVOID LEAVING THE PERSON 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*).