



BEREAVEMENT PACKET|
VERSION 1 ISSUE 3 DATE OF LAST REVISION : MARCH 17, 2022

Reach UR Life Bereavement Resource Packet



NACA
NATIVE AMERICANS
FOR COMMUNITY ACTION

Dear Relatives,

The Reach UR Life team expresses deepest sympathies for the loss of a loved one. This Bereavement resource packet was created to give you resources during your time of grief. The Reach UR Life team understands the grieving process can take time, and we hope these resources will help you and your community to heal after losing a loved one. We would like to also provide information on NACA's Reach UR Life Bereavement group. We offer a youth group on the first Thursday of every month, and an adult group on the third Thursday of every month. Please contact the Reach UR Life Case Manager at (928) 220-5352 to register for our Bereavement group.

Arizona Resources

American Foundation for Suicide Prevention Arizona Chapter

The Arizona chapter is a group of volunteers to bring awareness to suicide prevention and support. The American Foundation for Suicide Prevention, Arizona Chapter, started in 2010, consisting of volunteers devoted to bringing awareness to suicide prevention and support. Their mission is to “save lives and bring hope to those affected by suicide”. The Arizona Chapter assists lived experience survivors by providing innovative prevention programs, educating others in recognizing warning signs, fundraising for suicide research and programs, and assisting those who have lost someone to suicide.



Website: <https://afsp.org/chapter/arizona#programs>

Community contact: Cori Frolander, Area Director

Email: cfrolander@afsp.org **Phone number:** (480) 262 -1746

Healing Conversations

Healing Conversations gives survivors of suicide loss the opportunity to speak with volunteers, who are themselves loss survivors. If you have questions or would like to connect with them directly, please contact healingconversations@afsp.org.

Website: <https://afsp.org/healing-conversations>

EMPACT - Survivors of Suicide

Website: <https://www.sprc.org/livedexperience/tool/resources-survivors-suicide-loss>



Online Resources

SAMSHA

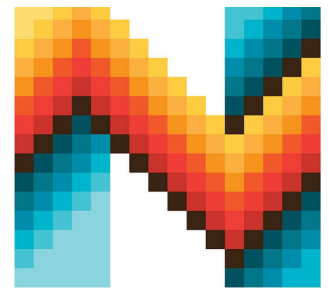
Substance Abuse and Mental Health Services Administration is our federal program for mental health and substance abuse. "A Journey Toward Health and Hope" for attempt survivors can be found here along with various other materials for FREE or at low cost.



Website: www.samhsa.gov

WeRNative

WeRNative is a comprehensive health resource for Native youth, by Native youth, that provides content and stories about the topics that matter most to them. WeRNative strives to promote holistic health and positive growth in our local communities and nation at large.



Website: www.wernative.org

Emotions Anonymous (EA)

The EA membership is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. EA members are from many walks of life and are of diverse ages, economic status, social, and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

WERNATIVE

Website: <https://emotionsanonymous.org/welcome.html>



Online Resources

SMILE (Students.Mastering.Important.Lifeskills.Education)

The "Grieving Resource" is a guide for those grieving any type of loss. It is divided into fiction/non-fiction, age groups, and has specialized topics, including the loss of a pet. Topics include suicide, homicide, and resources for children, teens, adults, and professionals.

Website: www.smilelifework.org/node/2

Forefront Suicide Prevention Program by University of Washington

Provides programs, trainings, free posters, and webinars on understanding suicide as well as information on understanding grief after suicide.

Website: <https://intheforefront.org/>

FailSafe for Life

The mission to end suicide through education, as well as instill hope and unite communities.

Website: <https://www.failsafeforallife.org/>

Alliance of Hope

Provides online healing support and other services for people who are coping with devastating loss to suicide. This online forum operates like a 24/7 support group.

Website: <https://allianceofhope.org/our-story/>

Parents of Suicides and Friends & Families of Suicides

This website provides a public message board called Suicide Grief Support Forum, a listserv for parents, a separate listserv for others, and an online chat room for survivors of suicide loss.

Website: <http://www.pos-ffos.com/>



Crisis Center & Hotline Resources

Everyday Empathy - Crisis Text Line

We work every day to help people in crisis. Usually, that's helping texters move from their hot moment to cool and calm. Sometimes, it's publishing whitepapers. And often, it's sending some love to Empathy MVPs, our volunteer Crisis Counselors.

Text HOME TO 741741 to connect to Crisis Counselor

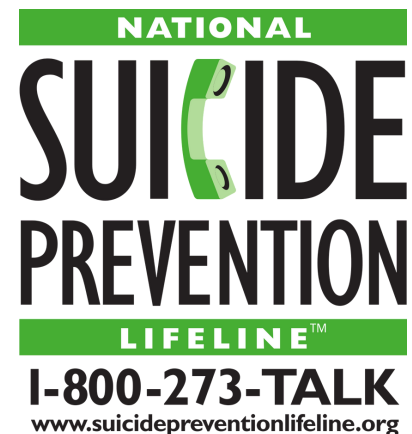
Website: <https://www.crisistextline.org/everyday-empathy/>

National Suicide Prevention Lifeline

This lifeline is available 24/7, and provides free and confidential support.

Call 800-273-8255 to speak to someone

Website: <https://suicidepreventionlifeline.org/>



Podcast & Videos

Podcast National Alliance on Mental Health (New Hampshire)

Website: <https://www.naminh.org/education/podcasts-and-webinars/>

Talk With Me - At the Intersection for Art & Mental Health - Hosted by Marcia Epstein,
LMSW: <https://talkwithmelawrenceks.podbean.com/>

YouTube Videos

Who Is At Risk for Suicide? - Video provided by Biltmore Psychology and Counseling
(September Suicide Awareness conference)

YouTube: <https://youtu.be/EozrGEFwMZ4>

Biltmore Psychology and Counseling - "The Difference Between Passive and Active Suicide Ideation" video explains the difference between passive suicide ideation and active suicide ideation. The difference can be thought to be very simple, but often time we know it can be much more complex than we think.

YouTube: <https://www.biltmorecounseling.com/anxiety/the-difference-b-n-passive-and-active-suicide-ideation/>

Sympathy vs. Empathy, what is the best way to ease someone's pain and suffering? - In this beautifully animated RSA Short, Dr. Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.

YouTube: <https://youtu.be/1Evwgu369Jw>

