

For immediate assistance or if you are in crisis, please call: 911 or 988

The Putnam County Crisis Hotline - (845) 225-1222

Crisis Text Line – text **HOME** to 741741

All are 24 hours/day, 7 days/week



Resources

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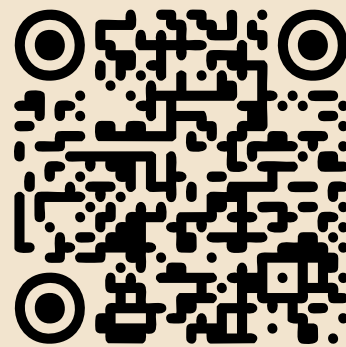
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Please visit the Putnam County Suicide Prevention Task Force website for:

- Local funeral home listings
- After death clean-up
- Community partners/providers for support
- Other support materials/resources

<https://putnamcountyny.gov/hope/suicideprevention>



For additional survivor support or further information, please contact:

American Foundation for Suicide Prevention-
Hudson Valley/Westchester

www.afsp.org/chapter/afsp-hudson-valley-westchester

(914) 610-9156

Suicide Prevention Center of New York State
www.preventsuicideny.org

On behalf of the Putnam County LOSS (Local Outreach to Suicide Survivors) Team, a program of the Putnam County Department of Mental Health, please accept our deepest condolences for the loss of your loved one. We recognize the immense pain and grief that comes with such a loss, and we want you to know that you are not alone during this incredibly difficult time.

Enclosed, you will find a packet of resources designed to offer support, understanding, and connection as you navigate the journey of healing. This resource is a part of our postvention efforts and is specifically designed for those impacted by suicide loss.

The materials include information about the Survivor Outreach Program through the American Foundation for Suicide Prevention (AFSP), and a directory of local resources, such as the crisis hotline, funeral homes, and other support services available in our community.

Additionally, our LOSS Team is here to support you. Members of the LOSS Team include volunteers who have also experienced a loss to suicide and can listen, empathize, and provide reassurance that you do not have to face this journey alone.

If a member of our LOSS team did not provide you with this folder, please contact us so we can ensure that our team is available to you. We are here to support you in any way we can. Please do not hesitate to reach out (845-808-1410) if you have questions or if there is something we can do to assist you. Our goal is to provide comfort and resources to help you find hope and healing. Remember, you are not alone.

With heartfelt sympathy,
The Putnam County LOSS Team

KNOW THAT YOU ARE NOT ALONE

You don't have to go through this difficult experience on your own. Suicide affects millions each year, and the American Foundation for Suicide Prevention offers resources to help loss survivors cope, connect, and heal.

Suicide & Crisis Lifeline
Text or Call: 988

UNDERSTANDING SUICIDE LOSS

Everyone experiences suicide loss in their own way. Along with common grief responses like sadness and shock, you may also feel emotions such as anger, shame, disorientation, relief, or guilt.

Allow yourself to process these feelings, understanding that healing is a journey that takes time. If you find it difficult to cope or are experiencing thoughts of suicide, call or text 988

UNDERSTANDING THE WHY

The reasons behind suicide are complex and not always fully understood. For loss survivors, it's natural to wrestle with questions about how or why a loved one died. Reaching out to others who have experienced similar losses can offer comfort and reassurance that you are not alone.

Suicide Notes

It's important to know that most people who die by suicide do not leave a note. If a note was left and its content is distressing, remember that it does not reflect the entirety of your loved one's life. Peer and/or professional support is available if needed.

Supporting yourself through this journey involves compassion, understanding, and allowing space for both grief and healing.

THE IMMEDIATE AFTERMATH

There are common realities you may have to address in the first few days after your loss.

For information on:

- Assisting the police
- Talking with people about what happened
- Talking with children
- Making preparations for a funeral or memorial service
- Understanding symptoms of trauma

Visit afsp.org/immediately-after-a-loss

HEALTHY HEALING

- 1 Be patient**
Grief is a deeply personal process, and everyone heals at their own pace. Give yourself the time you need.
- 2 Take care of yourself**
Eat nutritious meals, get adequate sleep, and stay active. Even a short walk can have a positive impact.
- 3 Seek professional help**
Counseling can provide valuable support, helping you navigate your grief in healthy and constructive ways.
- 4 Learn about suicide loss**
Understanding what to expect can help you prepare for and cope with challenging moments.
- 5 Connect with other suicide loss survivors**
Find comfort by reaching out to people who understand what you're going through.

Support is available (local and virtual): afsp.org/SupportGroups