Resources

POSTTRAUMATIC GROWTH AFTER LOSS

Crisis Lines

National Suicide Prevention Lifeline: If you or someone you know is in crisis, you can call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Veterans Crisis Line: The Veterans Crisis Line connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service. Dial 800-273-8255 and Press “1” to talk to someone.

Active-Duty Resources

Air Force Resilience

Army Suicide Prevention

Coast Guard Suicide Prevention Program

Marines DSTRESS line: 877-476-7734

Navy 1 Small Act Suicide Prevention

Real Warriors

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Military/Veteran-Connected Specific Support

Military OneSource: 800-342-9647
VA Vet Centers
Headstrong Project
Give an Hour
Vets4Warriors
Wounded Warrior Project’s Warrior Care Network
Cohen Veterans Network

Youth and Teen- Specific Support

Stanford University Children’s Health
University of Michigan’s Mott Children’s Hospital
Suicide Prevention Resource Center

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General Information

The National Resource Directory

American Foundation for Suicide Prevention

American Association of Suicidology

Tragedy Assistance Program for Survivors

QPR Institute

Living Works

Tools

The Columbia Protocol: Columbia-Suicide Severity Rating Scale (C-SSRS) App

TAPS Postvention Model of Support

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Further Education

PsychArmor’s Suicide Prevention, Intervention, and Postvention portfolio of courses for healthcare providers, service members, Veterans, families, caregivers and the community-at-large

TAPS Institute for Hope and Healing offers 60-minute intensive courses to help you better understand grief and loss. These courses are free, thanks to generous funding from the Boeing Foundation. There are two particular courses that may be especially relevant. These are entitled “Suicide, Grief and Trauma” and “Grief to Growth: A Roadmap to a Healthy Grief Journey.” To learn more, you can access both of these courses by visiting www.taps.org/suicidepostvention and clicking on the link below “trainings.”
POSTTRAUMATIC GROWTH AFTER LOSS

Research


R. G. Tedeschi as quoted in “Growth after trauma: Why are some people more resilient than others—and can it be taught?” by Lorna Collier (November 2016, Vol 47, No. 10, p. 48), sourced online: https://www.apa.org/monitor/2016/11/growth-trauma
Acknowledgments

Thank you Jon, Sr. and Maria for sharing your personal story and family pictures for this course.

Jon, Sr.’s mother wove this blanket of her grandson, Jon, Jr. as a memento.

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