

After a Suicide Loss



When your world has been shattered by the loss of a loved one to suicide, it can be hard to envision anything beyond debilitating grief. Sometimes it's even hard to find a reason to go on.

If you're a new survivor, you may feel anxious or have trouble concentrating. You may be weighed down with guilt or possessed by anger. You may have difficulty sleeping, eating, or performing routine tasks. You may face financial or other challenges. You may be grieving while caring for children or others who are hurting, too.

But know this: the pain of grief can diminish and transform with time, and you don't have to face this on your own.

**You are not alone.
Support is right here.**

Suicide Loss Survivor's Bill of Rights

I have the right to be free of guilt.
I have the right not to feel responsible for the suicide death.
I have the right to express my feelings and emotions, even if they do not seem acceptable,
as long as they do not interfere with the rights of others.
I have the right to have my questions answered honestly by authorities and family members.
I have the right not to be deceived because others feel they can spare me further grief.
I have the right to maintain a sense of hopefulness.
I have the right to peace and dignity.
I have the right to positive feelings about the one I lost through suicide regardless of the events prior to or at the time of the untimely death.
I have the right to retain my individuality and not be judged because of the suicide death.
I have the right to seek counseling and a support group to enable me to honestly explore my feelings to further the acceptance process.
I have the right to reach acceptance.
I have the right to a new beginning.
I have the right to be.

*Friends
With Hope*
Suicide Bereavement
Support Group

*Walking together towards
Hope & Healing.*





From Our Founder:

If you, like myself and my family, find yourself tragically having lost a loved one to suicide, I want you to know that there is Hope & Healing available for you, even if it doesn't feel that way now.

After losing our 14-year-old daughter, Amber to suicide in 2005, we founded With Hope, the Amber Craig Memorial Foundation with a mission to help educate, equip, and empower individuals in suicide prevention. After experiencing our own shock and pain we wanted individuals in crisis to know that they are not alone and there are resources for help. Our desire is to prevent the tragedy of suicide from claiming another life.

As I started our prevention work, I realized the equal need for supporting individuals who had lost a loved one to suicide. It was through faith, shared experiences, compassion, and a caring community that we found encouragement, hope and healing. That is my wish for you. Friends With Hope is committed to walking alongside of individuals in their grief toward Hope & Healing.

I'm glad you found us,

Annette Craig

Executive Director/Founder

The Lord is close to the brokenhearted and saves those crushed in spirit. - Psalm 34:18

Group Description

- A 10-week curriculum where participants will discuss a defined topic related to suicide bereavement to help them transition through their grief journey.
- Through discussion and sharing of experiences, participants will gain education about the grief journey, work to normalize their complex feelings and work through the complexities of suicide bereavement.
- At the end of the 10-week curriculum, the most important issues of discussion should allow each participant to have transitioned along the grief journey with a sense of moving forward.
- Friends With Hope is open to any and all individuals wishing to feel comforted, supported, and encouraged after the loss of a loved one to suicide.
- Participants may join the group at any time.

Meeting Info

7:00pm-8:30pm PST

Online Meetings: 1st & 3rd Mondays of every month
In-Person Meetings: 2nd & 4th Mondays of every month

Contact:

Heather Cram

714-524-1996

heatherc@withhopefoundation.org

Visit us at withhopefoundation.org

If you are in crisis, call the National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Crisis Text Line
Text 'HELLO' to 741741

With Hope has been instrumental to my healing. It helps people more than most even realize. ~ D.T.

You think you are the only one going through this and you come to find out you're not alone. With Hope really helped me to see that it is ok to think and feel the things that I was feeling. ~B. H.

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