

Essential Information about Suicide Prevention



Postvention



D·B·H·D·D

Georgia
Department of
Behavioral Health
& Developmental
Disabilities

Office of Federal Grant Programs
& Suicide Prevention

Suicide Can be Prevented.

WHAT IS POSTVENTION?

Postvention promotes healing and the reduction of long-term impacts of suicide losses and attempts

The loss of an individual to suicide, as well as the experience of an attempt, has a significant impact on the community.

Postvention connects survivors of suicide loss and attempts to supports and resources which promote healing. Postvention efforts may coordinate specialized programs to ensure those who have been touched by suicide receive the support they need for recovery.

Postvention programs may focus on one or more of the following:

- Reduction of stigma, isolation, feelings of shame or guilt, or impact of trauma
- Support groups to address feelings and experiences unique to survivors
- Identification and support of individuals at-risk
- Aftercare services
- Peer support



Postvention supports healing and reduces risk.

Get Informed. Take Action.

POSTVENTION IS PREVENTION

*Effective postvention reduces risk for survivors
and other persons affected by suicide*

Sometimes we think of postvention at one end of the spectrum of responses to suicide. However, postvention is both a compassionate, supportive response to loss and a proactive effort to reduce the impact suicide has on individual and community risk.



MEETING THE NEEDS OF THE BEREAVED

The Action Alliance for Suicide Prevention suggests the following resources be made available to survivors as a part of a community's postvention plan:

- Coordinated, comprehensive community response
- Useful information
- Compassionate assistance from first responders
- Practical assistance
- Support from social network and communities
- Help from skilled mental health professionals and other service providers
- Peer support
- Additional support for children and adolescents
- Family support
- Help for electronically connected communities
- Help with the common experience of grieving a death

For more information, visit <http://actionallianceforsuicideprevention.org>

POSTVENTION PLANNING

Comprehensive postvention plans ensure resources are in place before a loss occurs.

Preparedness is an important part of postvention. Creating a comprehensive organizational or community plan before it is needed is the best way to ensure everyone knows how they can help after a loss.

Partners to consider when preparing a postvention plan will vary based on the population of focus, however, a plan may include:

- Mental Health Providers
- Public Health Agencies
- Schools, Colleges, and Universities
- Coroner
- Emergency Medical Services
- Hospitals
- Funeral Directors
- Survivors
- Faith Leaders
- Law Enforcement
- Media



988
SUICIDE & CRISIS
LIFELINE



Georgia
Department of
Behavioral Health
& Developmental
Disabilities



<https://preventsuicidega.org>

Content for this brochure provided courtesy of the Action Alliance for Suicide Prevention, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD), and the Suicide Prevention Resource Center (SPRC).