

washington support after suicide

a program for those who have lost someone to suicide

The Washington Support After Suicide (SAS) program offers vital assistance to individuals mourning a suicide loss, helping them connect with others and easing their isolation. According to the CDC, "people who had known someone who died by suicide in the last year were 1.6 times more likely to have suicidal thoughts, 2.9 times more likely to have a plan for suicide, and 3.7 times more likely to have made a suicide attempt themselves." [1] Recognizing this, SAS serves as a cornerstone for survivors, providing support and connection to those grappling with such profound loss across our community.

Offered Services

1:1 Grief Companion Peers

Participants are paired up with a volunteer companion who has experienced a similar loss and is trained to actively listen and provide emotional support. Mentors and mentees have regular one-on-one phone and text contact over the course of a few weeks or a few months.

Professionally-Facilitated Support Groups

Drop-in virtual support groups twice a month for those who have lost a loved one to suicide and reside in Washington State. Facilitated by a trained clinician, this is a place to share and build community.

Care Packages

We ship care packages to anyone who requests them after a loss. The package contents were curated from suicide loss survivors and include books, tea and mug, a candle, and other comforting items.

2024 Goals

Expand specialized care packages, such as packages for young adults or focused on certain relationship losses.

Grow program reach and referral network through expanded partnerships with schools, chaplains, counselors, and more across Washington.

Refine and improve data management and reporting to improve program impact and community support.

Community Partnerships & Engagement

We receive referrals and requests for our services and information about suicide loss support groups or other resources from many sources, including schools, chaplains, counselors, and family members.

Action
Alliance
for
Suicide
Prevention

American
Foundation for
Suicide
Prevention

University of
Washington
Forefront Suicide
Prevention

Out of
the
Darkness
Walk

Program Highlights



Over 350 free care packages sent since 2020 | \$100 value each

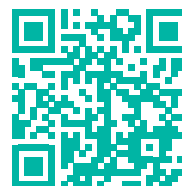
15 grief companion mentors | Goal to reach 25

Free low barrier entry

Transitioned to virtual support groups in 2020

Program reach has expanded

Increase targeted outreach to underserved areas



Explore our website
crisisconnections.org/wasas

[1] Crosby and Sacks: Exposure to suicide: incidence and association with suicidal ideation and behavior: United States, 1994; <https://pubmed.ncbi.nlm.nih.gov/12374477/>

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