

# Suicide Loss Bereavement Packet Guide

## Purpose

This guide is intended to provide support and resources to community organizations and groups that are interested in customizing a bereavement packet to support suicide loss survivors.

## Who can use

Individuals and organizations that might find the guide helpful include funeral home directors, faith leaders, county public health, law enforcement, military staff and organizations, suicide prevention coalitions, primary health care, behavioral health care, and family or friends.

## How to use

The resources listed in this guide can be used by individuals and organizations to create and customize a packet that includes local or regional resources within communities. Examples include:

- Local resources specific to suicide loss supports such as local suicide loss support groups.
- Resources on what to expect after a loss, where and how to access supports, and coping.
- Resources and information specific to the type of loss, for example a spouse, child, parent, sibling, client, or employee.

## When and where to share

Bereavement packets can be shared with suicide loss survivors at any point after the loss, there is no specific timeline.

- People bereaved by a suicide loss might not be immediately ready to read a packet right after the loss but having the resource present when they are ready is helpful.
- Having packets present at moments when those bereaved are seeking help is suggested and in locations where they may not need to ask.
- Suggested locations may include clinician office, primary care clinic waiting room, funeral home, conference tabling events, faith community resource locations, and local county or governmental service locations.

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*To obtain this information in a different format, call: 651-201-5400.*

5-22-24