

# Clackamas County Postvention Support after a Death from Suicide

When suicide affects our community, Clackamas County provides support to encourage resilience, explore resources, and reduce risk among suicide loss survivors. We call this work Postvention, and it is provided by mental health professionals working at the county's urgent mental health walk in clinic, Clackamas Mental Health Clinic.

## What is Suicide Postvention?

Postvention is an organized response following a suicide that aims to reduce further suicide risk by identifying and supporting the emotional and mental health needs of the survivors.

## What Postvention Support is Available?

### Immediate Support

Along with local chaplains, the **Trauma Intervention Program (TIP)** is called to the scene after a suicide occurs to provide emotional first aid to families and other impacted individuals. They may offer referrals or resources, such as helping to choose a funeral home. The Medical Examiner will also discuss ongoing Postvention support with loss survivors. [www.tipnw.org](http://www.tipnw.org)

### Short- and Long-term Support

With information provided by the Medical Examiner or TIP, the Postvention Team at Clackamas MHC will contact identified survivors to facilitate any or all of the following:

1. Exploring resources, including natural or community supports like suicide loss bereavement groups
2. Offering no cost peer services and mental health treatment at Clackamas MHC
3. Normalizing common grief responses to minimize complicated grief and guilt reactions
4. Inquiring as to who else might need postvention contact
5. Planning a future call to check in and provide additional support, especially around anniversary or other important dates

## How do I access Postvention in Clackamas County?

If you or someone you are supporting identify as a suicide loss survivor, please contact the county's Suicide Prevention Coordinator at [gallimur@clackamas.us](mailto:gallimur@clackamas.us). Ideally, you will provide the name(s) of the person(s) needing support, contact information and their relationship to the deceased.

For time-sensitive needs or for immediate attention or support, please use our 24/7 Crisis and Support Line at 503-655-8585.

## What is the Role of Community Partners?

In the event of a known or suspected suicide, Clackamas County asks community partners to communicate this information to the county's Suicide Prevention Coordinator so that this crucial Postvention support can be offered.

# Postvention Resources

## Trauma Intervention Program's (TIP) Resource Guide

Provides a broad range of resources, including what is required information for a death certificate, a list of funeral homes, a checklist of activities following a death and 10 things to do and not do after a tragic event.

Learn more at [bit.ly/TIPResourceGuide](http://bit.ly/TIPResourceGuide)

## The Dougy Center

Offers a wide range of groups and resources for people of all ages who are grieving, including activities to help kids ages 0 – 12 express their grief, as well as information on death and bereavement for supporters of kids who are grieving.

\*\*Dougy Center often has a wait list.

Learn more at [www.dougy.org/grief-support-resources](http://www.dougy.org/grief-support-resources)

## After a Suicide: Toolkit for Schools

Includes an overview of key considerations, general guidelines for action, do's and don'ts around memorials, templates, and sample materials, all in an easily accessible format applicable to diverse populations and communities.

Learn more at [bit.ly/AfterSuicideToolkit](http://bit.ly/AfterSuicideToolkit)

## A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide

This guide provides clear steps for postvention in workplaces, including information for workplace leadership on how to respond immediately to a suicide, how to plan in the short-term for recovery and what long-term strategies to consider. It contains succinct procedures with checklists and flow charts and can be useful to managers at all levels.

Learn more at [bit.ly/ManagerGuideToPostvention](http://bit.ly/ManagerGuideToPostvention)

## Suicide Loss Bereavement Groups

Find a free group to attend by putting in your zip code.

Learn more at [afsp.org/find-a-support-group/](http://afsp.org/find-a-support-group/)

## American Foundation for Suicide Prevention's Healing Conversations program

Speak with an individual who is also a suicide loss survivor. These individuals offer understanding and guidance in the weeks and months following a suicide death.

Learn more at: <https://afsp.org/healing-conversations>

## American Foundation for Suicide Prevention's Resource and Healing Guide

Provides information about coping with loss, the survivor loss community, and resources to help with your journey.

Learn more: <https://afsp.org/ive-lost-someone>

## American Association of Suicidology Handbook for Survivors of Suicide

A book for people who have lost a loved one to suicide, written by someone who has suffered the same loss.

Learn more: [https://suicidology.org/wp-content/uploads/2019/07/SOS\\_handbook.pdf](https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf)