

Kindness Matters.
For those who've
lost a loved one
to suicide,
it matters a lot.

That's why
we exist.



Alliance of Hope
for suicide loss survivors

The Alliance of Hope offers free online
support and affordable phone
and video consultations.

visit us at allianceofhope.org to:

- Participate in our community forum
- Schedule a consultation with a grief counselor
- Find helpful information and resources
 - Create a memorial fund
 - Join our team of volunteers



contact us

info@allianceofhope.org

847-868-3313

Alliance of Hope for Suicide Loss Survivors

PO Box 7005, Evanston, IL 60201



Take care of yourself.

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

The Alliance of Hope for Suicide Loss Survivors is a 501(c)(3) charitable nonprofit.

We gratefully acknowledge the support of Dignity Memorial
in funding this brochure.

Hope

after Suicide

"Alliance of Hope is like a best
friend who is available 24/7.
I would still be stuck in an
unbearable place were it not
for this wonderful online
community. The service it
provides is priceless."



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.

Online Healing Support by Survivors for Survivors

The Alliance of Hope offers a number of services to help you in the days ahead

Join Our Community Forum

Thousands of loss survivors come together in our online forum to exchange information, understanding, and hope. This healing space, available 24/7, is moderated by a mental health counselor and trained volunteers.

By connecting with fellow survivors you will:

- Know you are not alone
- Find kindness, comfort, and understanding
- Realize you can survive—and in time, begin to heal

Gain Insight: Our Resources

Our website offers a range of informational resources, including a carefully curated list of recommended books.

Get One-on-One Support: Consult with a Grief Counselor

Low-cost consultations are available.

A clinical grief counselor—a fellow suicide loss survivor—can speak with you by phone or Skype to answer questions and help you understand.

Find Inspiration: Our Blog and Facebook Page

Our essays and Facebook messages provide fresh perspectives, reminding you that we are right here—a community of peers and friends to support you along your journey.

Join our healing community at
allianceofhope.org

Our Community Speaks

"When my fiancé died, I lived in a rural area with no counselors or support groups near me. I knew I had to have help. I was going towards the place where he had been. Alliance of Hope was my lifeline."

"This site is a respite from the isolation. Always here, always available, always non-judgmental, and always able to ease the loneliness."