



Alliance of Hope  
*for suicide loss survivors*

## Who We Are

Kindness matters, and to the nearly six million people worldwide who lose a loved one to suicide each year, it matters a lot. We provide **compassionate, healing support** during the lonely and tumultuous aftermath of suicide. We help people survive suicide loss and go beyond “just surviving,” to lead productive lives filled with meaning and joy.

**The Alliance of Hope for Suicide Loss Survivors (AOH)** is a 501c3 nonprofit founded in 2008 by Ronnie Susan Walker, a licensed clinical mental health counselor from Evanston, IL. After losing her stepson to suicide, she experienced devastating grief and created AOH to **ensure that no survivor would have to grieve alone**.

Since its inception, Alliance of Hope has helped **tens of thousands of people worldwide** through its pioneering online programs for suicide loss survivors.

## The Urgent Need

- Approximately **45 million people in the United States** have been greatly affected by suicide loss.<sup>1</sup> Many survivors face a **stigmatized and traumatic grief**, often accompanied by overwhelming emotions and complex personal challenges.
- Most suicide loss survivors say they never knew such pain existed—yet **society often underestimates the depth of this loss**, and most mental health professionals receive limited training in suicide bereavement.
- In the initial months following their loss, **adult survivors are nearly 10 times more likely to consider suicide themselves**.<sup>2</sup>
- Research shows that **individuals bereaved by suicide** are **80% more likely to drop out of school** or quit their jobs, and **64% more likely to attempt suicide**, compared to individuals grieving sudden losses due to natural causes.<sup>3</sup> It doesn't have to be this way.

## The People We Serve

- Alliance of Hope staff, volunteers, and members are **suicide loss survivors from diverse cultures, backgrounds, and faiths**. Each day, newly bereaved individuals reach out for support.
- Many have discovered or witnessed the death of their loved one. Most feel **devastated, isolated, and burdened with guilt or unanswered questions**, often compounded by **stigma or lack of understanding from others**. Many describe this as **the darkest time of their lives**.
- Challenged by **traumatic grief and symptoms of PTSD**, many survivors struggle with routine tasks or job performance. Many must also tend to the grief of their children. The journey to healing can take **years**.

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<sup>1</sup> Suicide exposures and bereavement among American adults: Evidence from the 2016 General Social Survey. William Feigelman, Julie Cerel, John L. McIntosh, David Brent, Nina Gutin (Journal of Affective Disorders, 2/18)

<sup>2</sup> Complicated grief and suicidal ideation in adult survivors of suicide. Mitchell AM, Kim Y, Prigerson HG, Mortimer MK Suicide Life Threat Behav. 2005 Oct; 35(5):498-506.

<sup>3</sup> British Medical Journal. (Jan. 2016). “Bereavement by suicide as a risk factor for suicide attempt: a cross-sectional national UK-wide study of 3,432 young bereaved adults.”

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## Our Services

Through our online presence, **hundreds of thousands of people each year** turn to the Alliance of Hope for support, connection, and understanding.

- **Website:** Over **12 million visits** since 2008, offering resources for navigating suicide loss.
- **Community Forum:**
  - More than **28,000 members** worldwide, and **650,000+ posts** sharing lived experience.
  - Available **24/7/365** with specialized discussion areas for different types of loss and challenges.
  - Overseen by a licensed mental health professional and trained team of **60+ survivor moderators and stewards** who provide information and hope, and a safe space for connection and support.
- **Blog and Social Media:** Publish **30+ essays and messages of support a month**, offering insight, comfort, and practical guidance.
- **Consultations (Zoom & Phone):** One-on-one support with trained trauma and loss specialists.
- **Specialized Support Programs:**
  - Healing Emails for Mothers and Fathers (free series)
  - Online Support Groups for grieving **mothers, fathers, and widows**
- **Personal Attention is our specialty.** We respond to hundreds of calls and email requests for information and support from survivors, clinicians, students, media, and the general public.

**We offer these services for the long-term**—helping survivors move through every step of the healing journey toward living a meaningful, productive life again.

## What People Say

Since 2011, we have been rated a **“Top Health Nonprofit”** by [GreatNonprofits.org](https://www.GreatNonprofits.org), with a near five-star ranking and over 500 reviews.

### From our reviews:

- *“No crisis group, medication, or therapy could ever replace the healing I received from Alliance of Hope. The expertise, compassion, 24-hr online support, and amazing relationships formed out of grief have been a life saver.”*
- *“Alliance of Hope was an absolute lifeline for me after my husband died by suicide. The organization brings people together and provides a forum unlike anything else on the web.”*
- *“This community is respite from the isolation. Always here, always available, always non-judgmental, and always able to ease the loneliness.”*