

## Northeast

**Samaritans of Merrimack Valley**  
A program of Family Service, Inc.  
430 North Canal Street, Lawrence, MA 01840  
Business Line: 978-327-6670

**Confidential Crisis Hotline:**  
1-866-912-HOPE (toll free)  
OR 978-327-6607

**Teen Help Line:**  
978-688-8336 (TEEN)

**Samaritans Statewide Help Line:**  
1-877-870-4673 (HOPE)

[www.familyserviceinc.com/samaritans](http://www.familyserviceinc.com/samaritans)

**Email:** [samaritans@familyserviceinc.com](mailto:samaritans@familyserviceinc.com)

Samaritans of Merrimack Valley, a program of Family Service, Inc, offers the following suicide survivor services:

### Safe Place

Safe Place is a suicide survivor peer support group for those who have lost a loved one to suicide. Safe Place is a place for individuals to grieve, share difficulties and feelings, and find support from others who are grieving in the wake of suicide. Meetings are facilitated by a peer suicide survivor and are confidential and free. *Safe Place meets at two locations twice each month:*

Safe Place in **North Andover** meets on the 2nd and 4th Tuesday of each month from 7:00 p.m. to 8:30 p.m. at Saint Michael Parish at 196 Main Street.

Safe Place in **Beverly** meets the 1st and 3rd Thursday of each month from 7:00 p.m. to 8:30 p.m. at St. John Episcopal Church at 705 Hale Street.

### Survivor to Survivor Services

This program provides support services directly to survivors, either in their home or at work. Two trained volunteers will go to the home for a couple of hours to listen, comfort, befriend, and help answer questions. This service provides help in the grieving process in familiar surroundings. We can provide this service several times a year. **Please call 978-327-6671 for more information.**

## Statewide

**Hospice and Palliative Care Federation of MA**  
1420 Providence Highway, Suite 277  
Norwood, Mass. 02062  
Tel: 1-800-962-2973 · (781) 255-7077  
[www.hospicefed.org](http://www.hospicefed.org)

The hospices listed on this website offer bereavement care for parents grieving the loss of a child and/or bereavement programs for grieving children.

Please contact the individual hospice for program details and schedules.

## Online Resources for Survivors

**American Foundation for Suicide Prevention**  
<http://www.afsp.org/coping-with-suicide>

**American Association for Suicide Prevention**  
<http://www.suicidology.org/suicide-survivors>

**Unified Community Solutions**  
<http://home.personalgriefcoach.com/welcome/>

# RESOURCE GUIDE FOR SURVIVORS OF SUICIDE

For more information, please contact:

Suicide Prevention Program  
Massachusetts Department of Public Health  
250 Washington St. 4th floor  
Boston, MA 02108  
<http://www.mass.gov/dph/suicideprevention>

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Massachusetts Department of Public Health  
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## Metro Boston

**American Foundation for Suicide Prevention (AFSP) - Greater Boston Chapter**  
Greater Boston Area:  
1-800-979-AFSP (2377)  
[www.afsp.org](http://www.afsp.org)

### Survivor Outreach Program

Through AFSP's Survivor Outreach Program, trained local volunteers are on hand to meet with newly-bereaved survivors and their families, listen with compassion and offer reassurance that surviving a suicide loss is possible, recommend helpful things to read, provide information about support groups and other local resources.

### National Survivors of Suicide Day

Each year in November, over 250 simultaneous conferences for survivors of suicide loss take place throughout the U.S. and around the world. This unique network of healing conferences helps survivors connect with others who have survived the tragedy of suicide loss, and provides an opportunity for them to express and share their experience.

### Samaritans, Inc.

41 West St. 4th Floor, Boston, MA 02111  
**Business line:** 617-536-2460  
**Samaritan's Statewide Toll Free Line:**  
1-877-870-HOPE (4673)  
**Samariteens:** 1-800-252-8336  
**24 hr. Helplines:** 617-247-0220 or 508-875-4500  
[www.samaritanshope.org](http://www.samaritanshope.org)

### Grief Support Services

**Safe Place** is an open peer support group of caring people who have experienced the loss of a loved one to suicide. SafePlace is not a professional therapy group. SafePlace provides an atmosphere of acceptance for exploring feelings that are often not understood by others. It offers a chance to share helpful resources, and to give and get support through the long grief process. Meetings are held twice a month in Boston, Amherst, Medford, Quincy, Framingham and Worcester. Meeting information can be found on the website: [www.samaritanshope.org](http://www.samaritanshope.org)

**The Survivor to Survivor Network** is a program in which trained volunteers who have lost a loved one to suicide are available to visit those who are experiencing a new loss to listen, to talk and to provide support and resources. Volunteers who have

had time to regain their strength and balance after a suicide loss are carefully screened and trained by Samaritans to offer trustworthy support to those who most need it. They visit in pairs, offering emotional strength and practical information. For more information: Contact the Director of Grief Support Services at: [safeplace@samaritanshope.org](mailto:safeplace@samaritanshope.org)

### The Good Grief Program Boston Medical Center

91 East Concord Street, Boston, MA 02118  
**Phone:** 617-414-4005

[www.goodgriefprogram.org](http://www.goodgriefprogram.org)

Based on the premise that with crisis comes an opportunity to develop, strengthen and master coping skills, our mission is to train adult professionals, support families and children so that they may become resilient in the face of loss. We can help in a number of ways. Please call us to find out more about our program.

### The Children's Room

1210 Massachusetts Ave., Arlington 02476.

**Tel.** 781-641-4741

[www.thechildrensroom.org](http://www.thechildrensroom.org)  
[info@childrensroom.org](mailto:info@childrensroom.org)

The Children's Room helps grieving children, teens and families to go on living fully. They serve families from over 75 cities and towns in Massachusetts. They provide education for teachers, counselors, youth workers and other professionals about how children and teens grieve.

## Southeast

### Samaritans of Fall River/New Bedford

PO Box 1333  
627 State Road, Westport, MA 02790  
**Business Line:** 508-673-3777  
**Toll free:** 1-866-508-4357  
**Statewide Toll free:** 1-877-870-HOPE (4673)  
[www.samaritans-fallriver.org](http://www.samaritans-fallriver.org)

**Safe Place** is a peer support group of caring people who have experienced, and are still experiencing the pain of a suicide. It provides an atmosphere of acceptance for exploring all the emotion and feelings that are often not understood by others. Safe Place offers a chance to share helpful resources, and to give and get support through the long grief process. Meets the first and third Wednesday of each month. Contact us for times and locations.

## Cape Cod and Islands

**The Samaritans on Cape Cod and the Islands, Inc.**  
P.O. Box 65, Falmouth, MA 02541  
**E-mail:** [ccsamaritans@verizon.net](mailto:ccsamaritans@verizon.net)  
[www.capesamaritans.org](http://www.capesamaritans.org)  
**Crisis Lines:**  
508-548-8900

1-800-893-9900 (Toll Free)

**Statewide Toll-Free :** 1-877-870-HOPE (4673)

**Business Office:** 508-548-7999

**Safe Place** is a peer support group for those who have lost someone to suicide. The facilitators of this group are Samaritan trained and are suicide survivors themselves. **Safe Place** is a place for dealing with a unique grief that is often not understood by others. It honors and respects the need of those who have lost someone to suicide, it provides unconditional emotional support and it helps survivors gain strength and courage from one another. It is confidential, ongoing, and free to participants.

Ongoing Safe Harbor Support Group on Nantucket and Safe Place Support Groups at Falmouth Hospital and Hyannis Youth and Community Center. Call 508-548-7999 for details.

## Central MA

### Survivor of Suicide Loss Support Group

This is a Peer Support Group open to anyone 16 or older who has lost someone to suicide. Meetings are led by a Peer Facilitator. For more information please contact: [Lynn.kvingedal@heywood.org](mailto:Lynn.kvingedal@heywood.org) or call: 978-630-6377

### Samaritans Safe Place

Samaritans, Inc. Safe Place Worcester, MA  
For meeting information call 617-536-2460 or go to [www.samaritanshope.org](http://www.samaritanshope.org)

## Western MA

### Forastiere Family Funeral Home

220 North Main St,  
East Longmeadow, MA 01028  
**Phone:** 413-734-9139  
Free peer-led support groups mainly for survivors of suicide. They meet twice monthly, on the first and third Mondays of the month from 6:45 - 9 p.m.

## HospiceCare in the Berkshires

877 South Street, Suite 1W  
Pittsfield, MA 01201  
**Phone:** 413 443-2994  
**Fax:** 413-443-7814  
[www.hcib.org](http://www.hcib.org)

Various support groups are available with professional leadership at no cost. The types of bereavement groups and the number of meetings per month vary according to need. Groups are available for the loss of spouses, children and more. One-on-one sessions are also available. Please call or visit our website for more information.

### The Garden: A Center for Grieving Children & Teens

286 Prospect Street, Northampton, MA 01060  
**Phone:** 413-584-7086 x 124  
**Fax:** 413-586-1912  
**Email:** [info@garden-cgc.org](mailto:info@garden-cgc.org)  
[www.garden-cgc.org](http://www.garden-cgc.org)

The Garden: A Center for Grieving Children and Teens provides support groups & grief education for children, teens and their families whose lives have been disrupted by a death. Training in a grief support model for professionals and communities is also available.

The Garden welcomes families from all over Western Massachusetts who have experienced the death of a close family member – mom, dad, brother or sister. We serve families with children ages 5-18 years. There is no charge for our services.

### Suicide Bereavement Support Groups

These groups provide a safe place where survivors of suicide loss can share their experiences and support each other. Outreach visits are also available for newly bereaved families who are searching for resources.

For information go to:  
<http://www.berkshirecoalition.org/resources.html>

**Samaritans, Inc. Safe Place Amherst, MA**  
For meeting information call 617-536-2460 or go to [www.samaritanshope.org](http://www.samaritanshope.org)