

From the American Foundation for Suicide Prevention:

Healing Conversations is a one-time visit (phone, virtual, in-person) that connects those who have lost someone to suicide with trained volunteers who are also survivors of suicide loss. The goal of this connection is to help survivors of suicide loss navigate this challenging journey by offering support, understanding, connection and resources.

Healing Conversations offers a safe space for suicide loss survivors to speak openly and share their story with someone who understands firsthand the pain and complexity of suicide loss. Our trained volunteers listen without judgment, share from personal experience, and help individuals feel less alone. Everyone grieves differently, and whether a loss was recent or it's been years, we're here to help suicide loss survivors navigate their healing journey.

After someone requests a visit, we ask a few questions to learn more about their loss. This allows us to connect them in a meaningful way with a trained volunteer who has also lost someone to suicide. The assigned volunteer will follow up to schedule a one-time meeting at a time and setting that works best for them.

We know that every grief journey is shaped by personal identity, culture, and lived experience. Our program honors those differences by offering trained volunteers who reflect and understand the communities we serve.

Submit the short online form below to request a *Healing Conversations* visit.

<https://afsp.org/healing-conversations/>

If you have a general inquiry about the *Healing Conversations* program, you can email healingconversations@afsp.org.