

Appendix

DEBT DOCUMENT

OFFENDER _____ DATE _____

WHAT HAPPENED	WHAT I FELT/ WHAT I BELIEVED	WHAT I EXPECTED _____

TOXIC THOUGHT RECORD

PAST HURT	FEAR(S)	SITUATION	BELIEFS	FEELINGS	THINKING ERROR

Resources

WEBSITES

Alliance of Hope: <https://allianceofhope.org>

American Association of Christian Counselors: www.aacc.net

The American Association of Suicidology (AAS) offers a variety of resources and programs to survivors in an attempt to lessen the pain as they travel their special path of grief.
www.suicidology.org

American Foundation for Suicide Prevention: <https://afsp.org>

Center for Suicide Prevention: <https://www.suicideinfo.ca/resource/support-group-for-suicide-survivors>

Focus on the Family 1-855-771-HELP (4357): <https://www.focusonthefamily.com/get-help/counseling-services-and-referrals>

National Suicide Prevention Lifeline 1-800-273-8255: <https://suicidepreventionlifeline.org>

Parents of Suicides (POS) and Friends and Families of Suicides (FFOS): <https://www.pos-ffos.com>

SAVE (Suicide Awareness Voices of Education): <https://save.org/find-help/coping-with-loss>

Suicide Awareness Voices of Education: <https://save.org/what-we-do/grief-support/find-a-support-group>

TAPS (Tragedy Assistance Program for Survivors): TAPS Institute for Hope and Healing® is located at TAPS Headquarters, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201; <https://www.taps.org/suicidepostvention> or call 800-959-8277

BOOKS

Albert Y. Hsu, *Grieving a Suicide: A Loved One's Search for Comfort, Answers, and Hope* (Downers Grove, IL: InterVarsity Press, 2002).

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Notes

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CHAPTER 3: THE SILENT SCREAM

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3. A. Pitman, et al., “Effects of Suicide Bereavement on Mental Health and Suicide Risk,” *Lancet Psychiatry*, 2014, 1:86–94.
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CHAPTER 5: MAKING MEANING

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6. Trauma Recovery, “What is EMDR?” <https://www.emdrhap.org/content/what-is-emdr>.
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