What is Postvention?

Postvention is an organized immediate, short-term, and long-term response in the aftermath of a suicide to promote healing and mitigate the negative effects of exposure to suicide.

Aspects to consider when forming postvention policy or planning…

- Create a Crisis Response Team (CRT)
  - With a CRT in place, the organization can assign team members to aspects of the postvention plan to ensure smooth and proper implementation.

- Family of Deceased
  - Ensure the organization notifies the family of the death promptly.
  - Talking to the family about what support they need and what information they would like the organization to share is a good way to respect their boundaries and develop a relationship (if not already established).

- Disseminating Proper Information
  - Make sure the information disseminated is accurate and includes appropriate details.

- Have Statements Prepared
  - Have a drafted statement to share with the organization and/or media.

- Uniform Response
  - Families and peers may wish to memorialize the person who died. It is important to have a conversation about how to appropriately memorialize the person without risking suicide contagion among others who may be at risk.
  - Keep in mind that all deaths should be addressed in the same way. Having differing approaches may reinforce stigma surrounding suicide.

- Support
  - Provide support for not only peers but also leaders within the organization.
  - Bring in external professionals appropriate for the organization.
  - Focus on how the death affects peers and leaders, and move away from graphic details.

- Anniversaries
  - Anniversaries of the death may also impact peers and leaders.
Postvention Examples and Resources

General
- Riverside Trauma Center Postvention Guidelines

Grade School (K-12)
- The Yavapai County Education Service Agency Postvention Plan
- After Suicide: A Toolkit for Schools
- Youth Suicide Prevention, Revention, Intervention & Postvention
- The Wisconsin Components of School-Based Suicide Prevention, Intervention and Postvention Model

Military
- Veteran’s Administration: Postvention as Prevention: Understanding the Impact of Suicide
- Air Force Resilience: Postvention Tools

Workplace
- A Manager’s Guide To Suicide Postvention in the Workplace

College
- Postvention: A Guide for Response to Suicide on College Campuses

Faith Based
- Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis

Rural Community
- After Rural Suicide: A Guide For Coordinated Community Postvention Response

Training
- Postvention eLearning: Web-based, interactive training courses for educators
- Connect Suicide Prevention Program: Developing a Community Suicide Postvention Plan
- Connect Suicide Prevention Program: Postvention Combination “Train-the-Trainer” and “Developing a Community Postvention Response Plan”

Video/ Podcast
- Rocky Mountain Short Takes on Suicide Prevention: Postvention Practices for Schools
- Suicide Postvention: The Role of the School Community After a Suicide
- After Rural Suicide: A Guide for Coordinated Community Postvention Response
- Uniting for Suicide Postvention
- Suicide Postvention as Suicide Prevention

Supporting Material
- Free Books to Support Children and Teens After Suicide
- Survivor Support Documents
- Best Practices and Recommendations for Reporting on Suicide
- Preventing Suicide: How to Start a Survivors’ Group
- Supporting Survivors of Suicide Loss