Faith Leaders’ Guide to Self-Care after a Suicide

Date: 2019 (For resources, this is the publication date. For programs, this is the date posted.)

Information
Type: Video/Audio Recording
Author: Faith Communities Task Force, National Action Alliance for Suicide Prevention
Publisher: National Action Alliance for Suicide Prevention (Action Alliance)

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Self-care for faith leaders [1]

When someone dies by suicide, faith leaders are often called upon to provide care and support to family members, friends and others in the community. As a result faith leaders may experience unique stressors and challenges that affect their own well-being. This video highlights the importance of self-care among faith leaders and shares guidance on what faith leaders can do to care for themselves after a suicide.

Links within this resource