

# Journey to Hope

## TAPS SUICIDE POSTVENTION MODEL

### PHASE 3: POSTTRAUMATIC GROWTH

Your loss and the journey of grief it sets you upon hold the potential for personal growth you may never have thought possible. You can get through this, and thrive.



Draw **meaning** from the loss



Discover new **purpose**



Find new **appreciation** for life

TASKS

### PHASE 2: GRIEF WORK

You grieve because you love. You don't want your grief to define you, but you can incorporate it into your life in healthy ways.



Find a **"grief rhythm"**



Form new **bonds** with those lost



Remember the **life** not the death

TASKS

### PHASE 1: STABILIZATION

Someone close to you has died by suicide. It is critical to get you and your family the support you need in these first days, weeks, and months.



Identify **trauma** and connect with care



Assess risk and **mental health** needs



Identify other **obstacles**

TASKS



**John Smith**

[john.smith@taps.org](mailto:john.smith@taps.org)

333.333.3333

[taps.org/suicide](http://taps.org/suicide)

The TAPS Suicide Postvention Model is an approach to suicide loss that will guide you along a healthy journey of grieving and establish a pathway toward intentional posttraumatic growth. The three major phases, each of which include three distinct tasks, are sequentially ordered to conform to a "typical" grief progression. However, some tasks may be revisited later so that any issues that resurface in the later phases of the Model may be addressed.