



Tragedy Assistance Program for Survivors

# POSTVENTION MODEL

COMPREHENSIVE PEER-BASED SUPPORT FOR ALL THOSE GRIEVING THE DEATH OF A LOVED ONE WHO SERVED IN THE ARMED FORCES

PEER-BASED SUPPORT SINCE  
**1994**

**13,500**  
SURVIVORS OF MILITARY SUICIDE LOSS SERVED

FREE HELPLINE SUPPORT  
**24/7**

**3-PHASE**  
POSTVENTION MODEL

*For more than a decade, TAPS has provided suicide specific programming for grieving military families. As fellow survivors, we have been through this pain and know how to help. Suicide grief is different, with complicating factors that can hamper the healing process. There are also issues unique to military culture that we understand. Survivors are not alone. The TAPS network of surviving peers offers support, hope, and encouragement through customized programs, events, and services.*

## ADDRESSING SPECIFIC NEEDS

- Talking to children
- Understanding suicide
- Spirituality
- Family dynamics
- Family risk
- Trauma
- Post-traumatic growth

## WHAT IS POSTVENTION?

Postvention is an intervention that decreases risk and promotes healing for all those exposed to suicide. TAPS offers immediate support to anyone grieving the death of a loved one who served. TAPS Postvention Model purposely moves survivors from the emotional devastation of traumatic loss to building a solid foundation for grief and offering a pathway to healing and growth.

## 3-PHASE MODEL



### STABILIZATION

Stabilize suicide-specific issues that may interfere with a healthy grief journey:

- Identify trauma and connect with care
- Assess risk and mental health needs
- Identify suicide-specific challenges



### GRIEF WORK

Acknowledge that grief happens throughout all phases, but focus on integrating grief into one's life:

- Finding a "grief rhythm" to begin to move forward
- Establishing a new relationship with the deceased
- Moving away from how they died, to how they lived and served



### POST-TRAUMATIC GROWTH

Provide a pathway to work toward PTG and opportunities to achieve it:

- Find meaning from the loss
- Discover new purpose in one's life
- Find a new appreciation for life

## PROGRAMS AND SERVICES

TAPS Military Survivor Helpline | Survivor Care Team | Casework  
National Peer Support Network | Online Community  
Suicide Survivor Seminar & Good Grief Camp | TAPS Magazine  
Counseling Referrals | Resource Kits | Community Resources

**TAPS**  
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24/7 800-959-TAPS (8277)  
TAPS.org

