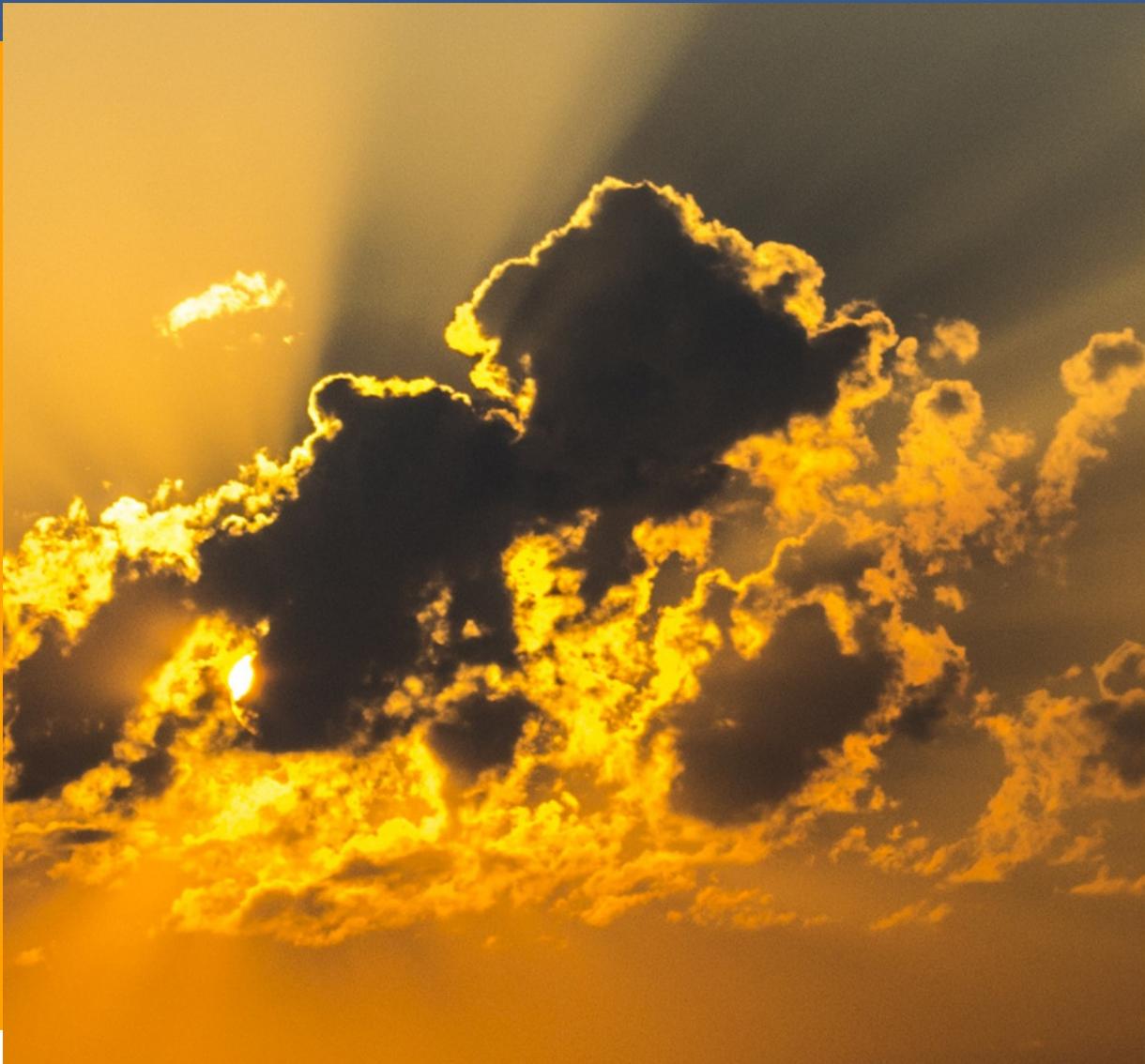


Resources for Individuals Impacted by Suicide

Providing guidance on present and future actions loved ones need to know about



Mental Health Association of Fauquier County

Promoting and facilitating mental wellness in
Fauquier and Rappahannock counties.
fauquier-mha.org



Mental Health Association of Fauquier County

Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.

faquier-mha.org



The Day Our Earth Shifted

By Dona Rodgers

Founder of Morgan's Message and Mental Health Association Board Member

Losing a loved one is the most painful experience a person will ever go through. Whether the cause is due to an accident or illness, the depth of the loss and grief is felt for the rest of their lives. If the death is due to suicide, there is an indescribable level of loss. All grief is hard and uncomfortable to navigate, but grief as a result of suicide is described as "complicated". With all loss, there is sadness, regret, anger and frustration. With suicide loss, there is also guilt. I guess this is the "complicated" part.

Suicide is often misunderstood. It is not an attention-seeking action. It is not selfish. It is not a choice. It is not a crime. It is a devastating result of an illness. Sometimes it is a result of an untreated illness, and sometimes an unsuccessfully treated illness. Either way, it is important to realize that although it may seem an avoidable outcome, sometimes it is not.

I am sorry for your loss. I am sorry there are no words or actions to relieve the pain that is left in the wake. I can tell you that although the pain does not subside or lessen, you learn to acclimate to it. The ache in your core and the lump in your throat never go away. You become familiar with it and you learn to live with it. Someday you will find yourself smiling with a friend. Laughing at a joke. Celebrating occasions. There is joy to be experienced in your future – it may not look or feel like before. It's different now, but it is coming.

Losing our daughter and sister to suicide has changed our family's lives forever, but believe me when I say the earth eventually revolves around the sun again – even when the earth has shifted.



Dona Rodgers collaborated with the Mental Health Association to develop this booklet to help other families through their journey. Please reach out to the Mental Health Association for continued support with referrals when support is needed.



We encourage families to channel their grief in positive ways, such as through support groups, grief counseling, community projects, or engaging with organizations working on suicide prevention. To learn more about Morgan's Message, visit morganmessage.org.

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Mental Health Association

About Us
Why We Created This Resource



Where Do I Start?

3 Things You Need To Do Now



Contact your loved one(s) for immediate support. Designate a person you can request assistance from to help with notifying others.



Contact your faith leader. You will need support. Your pastor, priest, or minister will help you in this difficult time.



Contact a funeral home. Please note that law enforcement officer will work with the family to determine the funeral home that will be used, as they generally transport the body to the medical examiner's office locally.

Area Funeral Homes

Warrenton Area

Joynes Funeral Home, Inc.

29 N. Third St., Warrenton
1-800-324-9933
joynesfuneralhome.com

Moser Funeral Home, Inc.

233 Broadview Ave., Warrenton
540-347-3431
moserfuneralhome.com

Marshall Area

Royston Funeral Home

4125 Rectortown Rd., Marshall
540-364-1731
roystonfh.com

Culpeper Area

Found and Sons

850 Sperryville Pike, Culpeper
540-825-3530
foundandsons.com

Horizon Funeral Home

750 Old Brandy Road, Culpeper
540-825-9838
horizonfsg.com

Tibbs Funeral Home

503 North Main Street, Culpeper
540-321-4778
tibbsfuneralhome.com

Clore-English Funeral Home

11190 James Monroe Highway, Culpeper
540-825-2361
Dignitymemorial.com

Front Royal & Luray Area

The Bradley Funeral Home

187 E Main Street, Luray
540-743-5747
thebradleyfuneralhome.com

Maddox Funeral Home

105 W. Main Street, Front Royal
540-635-2773
maddoxfuneralhome.com

Law Enforcement Investigation

In Virginia

In the region, law enforcement will conduct a full investigation to determine if the cause of death is suicide. Law enforcement officers have resources to share with families, but their primary role is the investigation. Some local law enforcement agencies offer additional services, but most do not. Here are the contacts for the region's law enforcement offices.

Fauquier County Sheriff's Office

78 West Lee Street, Warrenton, VA 20186

540-422-8600 (non-emergency line)

The Sheriff's Office offers a Chaplain Program, which is a partnership with law enforcement and several faith-based leaders in Fauquier County. Families are provided any needed support, as well as referrals to other services as needed.

Town of Warrenton Police Department

333 Carriage House Lane, Warrenton, VA 20186

540-347-1100 (non-emergency line)

Rappahannock County Sheriff's Office

3 Library Road, Washington, VA 22747

540-675-5300 (non-emergency line)

Out-of-State

If the suicide takes place outside of Virginia, local authorities will have different protocols depending on the state and local laws.

Important Details

Information about the investigative process is important and will vary, depending on the law enforcement agency. **Questions you should ask include:**

- Who is the primary point of contact during the investigation? If need be, designate a loved-one to support you during this time to communicate with the officers.
- When can a professional cleaning service be called in, if necessary? For a list of some area businesses, **see page 6.**
- What should you expect in terms of how long it will take to conclude the investigation and release the body to the family for the funeral?
- When can the family expect to obtain any personal belongings? It is important to know that the personal items will be held by law enforcement for the investigation process. This means a phone, personal computer, etc. may be held for some time.
- Is it legally necessary to obtain the medical examiner's final report?

Professional Cleaning Service Providers

If a specific location is the primary site of the death investigation, there may be a need for professional cleaning services. Here are some of the region's providers that may be able to provide assistance.

Paul Davis Restoration
703-335-2424
GFVA.new@pauldavis.com
suburban-va.pauldavis.com

PuroClean
540-316-6100
PCRS-VA@PuroClean.com
puroclean.com

ServPro
540-423-6688
Office@servpro10476.com
servproculpeperfaquiercounties.com

Funeral Arrangements

Death caused by suicide is very difficult for both family and friends. It will be important to share the grief and remember the life of your loved one. There are many ways to do this, and a funeral home can assist you in selecting the type of service that fits your individual needs. A variety of decisions will need to be made. Here is a brief outline of some of those items for your consideration.

Type of Service

First, a funeral home will need to be selected. There is a list of options on **page 4**. There are many ways to memorialize a loved one in terms of a funeral or memorial service. The funeral home can assist you with this selection, and it can assist you with a burial or crematory, depending on your loved one's wishes. Additionally, funeral homes can also direct families to local cemeteries and national cemeteries if the deceased served in the U.S. military.

The funeral director will also notify faith leaders, the cemetery, or crematory, and will assist with music selections, pallbearers and even flower selections. Faith leaders will help the family with the specific service details, such as date, times, and location. Services can be held at a church, funeral home, cemetery or other venue. The day the service is scheduled for will depend upon when the medical examiner's office has completed its work, the availability of the funeral home and the place of worship.

Obituary

The funeral home, a family member, or a friend can write the obituary that is placed on the funeral home's website and it can also be printed in newspapers. If you wish to share the information with local media, there is a charge associated with the printing of the information, depending on the length, or word count, of the obituary.

If you wish to write the obituary, here are some ideas of what to include:

- Information about schooling, education, work and professional life
- Involvement in community, faith and civic organizations
- Hobbies and special interests
- A list of family members
- A photograph
- Information related to the day and time of the service
- Where flowers are to be sent, or if donations are preferred, and to what organization(s)

Death Certificates

General Information

The funeral home will obtain certified copies of the death certificate for the family, or the certificates can be obtained directly from any [Virginia State Health Department](#), by a spouse, parent, adult child, grandchild or sibling. A list for potential entities that may require certified copies is available on **page 8**. Please ask each entity if a certified copy is necessary, as some may only require a photocopy of the death certificate.

The Social Security Administration will be notified of the loss of life through the death certificate electronic filing. Be aware that benefits information is a separately handled issue. The funeral home director can help provide information on the steps regarding any potential survivor benefits for the spouse, and/or minor children.

What Funeral Homes Assist You With

The funeral home will work with the medical examiner to complete and prepare the death certificate, and it will file the certificate with the Virginia State Health Department. Additionally, the funeral home will obtain certified copies of the death certificate for you, which will be needed for estate purposes.

Be aware that the funeral home will need specific information in order to complete the death certificate tasks. This information is extremely important and needs to be accurate because it is very difficult to make changes after the certificate has been created. The death certificate process is completed electronically with the state. Here is a list of the information that will be required to process the death certificate.

- Full legal name of the deceased
- Date of birth
- State or country of birth
- Legal address of the deceased
- Social Security number
- Occupation
- Type of business where deceased was employed
- Father's full legal name
- Mother's full maiden name
- Level of education (e.g. high school graduate, college degree, or number of years college was attended)
- If the deceased ever served in the U.S. military services

Financial & Legal Matters

Notifications

With any death, there are notifications that need to be made. Be aware that once the notifications are made, proof of death, such as a death certificate will be required by many on this list. This list is not a full and comprehensive list, but rather, a starting point as each individual person may have other notifications that need to be completed. If the deceased has a financial advisor, that professional may be able to assist and facilitate certain finance-related tasks. When notifying the appropriate parties, it may be best to have a "grief buddy" with you to help and to take notes related to follow up items or documents that are needed.

- Estate attorney
- Credit card companies
- DMV, cancel the driver's license, if applicable
- Email accounts
- Employer(s)
- Faith leader
- Financial advisor, institutions, and other accounts, 401 (k), IRA, pension plans, etc.
- Health insurance company
- Life insurance
- Mortgage company, if applicable
- Notify creditors
- Personal attorney
- Physician and therapist/counselor, if applicable
- School, if applicable
- Social media accounts
- Social Security Administration
- Subscription services (magazines, newspapers, online news, streaming services, etc.)
- U.S. Passport Agency, cancel the passport, if applicable
- Utility companies if the individual has own residence
- Voter Registrar

Estate Information

First, it is important to locate the Last Will and Testament, if applicable. If you are unable to locate the document, but know the attorney who created it, contact the lawyer's office for a copy. If there is a Will, the document will specify who is to handle the affairs. Once the Will is located, it will need to go through probate, see **page 10** for more information. If there is no Last Will and Testament, the courts will name a family member, or state contact, to be the executor of the estate.

Estate administration can take up to a year, or longer, depending on an individual's circumstances. Additionally, there will be certain actions you may need to complete, and documents you may need when settling an estate. If your loved one had an attorney, coordinate with the attorney for estate administration needs. If there is no attorney, consider hiring one if you are able to afford one to help provide assistance.

Items That May Be Needed

- Passwords to accounts and social media
- List of closest family members: spouse, children, siblings, parents, etc.
- Original Birth Certificate
- Death Certificate(s)
- Marriage Certificate, divorce papers or prenuptial agreement
- Military records
- Adoption papers for minor children
- Trust and Will documents
- Bank account records
- Mortgages and deeds
- Partnership, operating and shareholder Agreements
- Leases
- Most recent, and prior, year-end brokerage or investment statements
- Stock or bond certificates
- Insurance policies
- Most recent employer-sponsored retirement plan or IRA statement
- Loan documents
- Income Tax Returns for the past three (3) years
- Most recent credit card statements
- Records that present the value of tangible assets
- Title to a burial plot
- Automobile, or other personal property, title(s)

Probate & Settling the Estate

There are specific tasks an executor of an estate must complete. For instance, the Will needs to be probated. If there is no Will, the courts will appoint someone to handle the estate, most likely someone in the family, and then the Will still needs to go through probate. For more information on this topic, visit [Virginia's Judicial System](#).

Fauquier County

For information on probating wills in Fauquier County, visit <https://www.fauquiercounty.gov/government/departments-a-g/circuit-court-clerk/wills-and-estates/general-information>.

Rappahannock County

For information on probating wills in Rappahannock County, visit https://www.rappahannockcountyva.gov/government/departments/clerk_of_the_circuit_court.php.

As part of the estate, there are other tasks to be completed as well. Here is a sample of some tasks, but it is important to note that each individual estate has different needs. It is always best to consult with professionals, if possible. An attorney, a financial advisor, and an accountant will be able to assist you with specific items that need to be completed to conclude the administration of an estate.

- Obtain certified letters of the appointment or court order.
- Identify and determine the value of your loved one's assets, at the time of death.
- File any income and estate tax returns yourself, or with the assistance of a financial professional, and pay any tax liability, if applicable.
- Distribute the estate's assets to the designated beneficiaries.
- Update your own beneficiary information, if the deceased was one of your own beneficiaries.



Resources to Help You

During this new reality, you will find yourself numb, sad, angry, or all of these, and you will experience a range of emotions on a daily basis, sometimes hourly basis. This is normal, but it is also important for you to obtain support for yourself during this time of unbelievable sorrow and loss.

If you would like to seek help from a professional mental health provider, you may contact your healthcare insurance provider for referrals, contact the Employee Assistance Program (EAP) at your place of employment if one is offered, or visit faquier-mha.org and utilize the Provider Directory to help you find assistance.

There are local support resources available as well. Find one that works best for you, there is no “right” resource, it is truly whatever works for you during this difficult time. If you are uninsured, or under-insured, please turn to **page 14** for a list of additional available support options.

The Faith Community

Faith leaders in your congregation are a good place to seek out support. Locally, there are also other groups in the community that provide faith-based support services.

Spiritual Care Support Ministries



7179 New Hope Lane, Warrenton, VA 20187
scsm.tv

SCSM is a faith-based organization that has over twenty counselors and facilitators who are prepared to help others heal and get through difficult times of loss, as many found SCSM did for them. In addition, it offers dozens of services and resources to the surrounding communities that are secular and non-secular, including individual counseling, support groups, inspirational studies, retreats, training sessions, and more, all free of charge. Support and programs include: bereavement support for teens and adults, counseling, inspirational study, family grief support, and more. There is even a library that provides lending opportunities on an array of books to help those who have lost a loved one by suicide.

Spiritworks Foundation



62 Culpeper Street, Warrenton, VA 20186
540-428-5415
spiritworksfoundation.org

The SpiritWorks Foundation is an organization that focuses on peer-led addiction recovery. It also offers services and support for parents who have been bereaved by drug and alcohol use. Parent bereavement support groups are available both online or in-person. Additionally, it offers a Facebook group, an online place to hear and share stories of the grieving process with others who are experiencing similar emotions.

Support Groups

In-person Support

NAMI Connection Recovery Support Group

877-969-0010
namipiedmontva.org



NAMI Piedmont offers several in-person support groups, which are held at Fauquier Hospital in the Sycamore Room. Registration for the groups is required and can be done by contacting Kathy Weigel by email at weigelww@yahoo.com, or by phone at 540-347-9104. Visit the website for a full list of in-person meetings.

Rappahannock Rapidan Community Services: SURVIVORS FOR LIFE, Suicide Support Meetings

15361 Bradford Road, Culpeper, VA 22701
540-825-3100
rrcsb.org



The Survivors for Life support group is on the third Monday of each month at 7:00 p.m. at the RRCS main offices. This group is specifically for those who are survivors of a suicide and need a safe space to work through grief. For more information contact Alan Rasmussen via arasmussen@rrcsb.org, or call 434-825-8913.

The S.E.E. Recovery Center

710 U.S. Ave, Culpeper, VA 22701
540-825-3366
SEERecovery@rrcsb.org
rrcsb.org



Peers are available for individual support by appointment or drop-in, at no cost.

Other Resources

Morgan's Message

703-401-2882
morgansmessage.org



This nonprofit organization encourages grassroots peer-to-peer mental health support through high school and college clubs. Its vision is to eliminate the stigma surrounding mental health within the student-athlete community, to expand the dialogue and normalize conversations, to equalize the treatment of physical and mental health in athletics, and to empower those who suffer in silence and support those who feel alone.

Online Support

Compassionate Friends

877-969-0010
nationaloffice@compassionatefriends.org
compassionatefriends.org



The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Alliance of Hope

Allianceofhope.org



This resource includes an online community forum with over 21,000 members. It gives suicide loss survivors a place where they can share their stories with others who understand the unique emotional trauma of suicide. In addition, their services also include:

- Weekly featured stories
- List of helpful books
- Creating and posting memorials of loved ones
- Virtual mental health consultations and counseling sessions for those who cannot access support locally

Health Connect America

1300 Sunset Lane, Suite 3120, Culpeper
540-399-9970
infoculcbs@www.healthconnectamerica.com
HealthConnectAmerica.com

HCA offers a wide array of services, and new ones are always being added to better serve communities. These include: peer support, behavioral therapy, mental health skill building, and more. HCA's services have been specifically designed to help individuals dealing with grief, anger, substance use, and family issues. Services are offered at its numerous office locations across Virginia.

American Foundation for Suicide Prevention (AFSP)

afsp.org

The AFSP offers numerous resources. These include Healing Conversations (opportunities for suicide loss survivors to speak with volunteers about their experiences), support groups, as well as a [digital guide](#). They also have information on how to join a local chapter, which is how they directly offer education, support, and services.

Uninsured and Under-insured Resources

Fauquier Free Clinic

35 Rock Pointe Lane, Warrenton, VA 20186
540-347-0394
Press 5 to speak the mental health coordinator
fauquierfreeclinic.org

The Fauquier Free Clinic serves both Rappahannock and Fauquier counties. They provide dental, medical, and mental health care services completely free of charge to those who meet their low income requirements. The Clinic offers a range of mental health services, including in-person therapy, tele-mental health services and more. This program is for those who are uninsured or who have Medicaid. There is a screening process to determine eligibility.

Rappahannock Rapidan Community Services (RRCS)

15361 Bradford Road, Culpeper, VA 22701
540-825-3100
rrcsb.org

RRCS provides a variety of supports from peer support, suicide support meetings, and other mental health and substance use support services. Call them to learn more about how they can provide you assistance, and learn more about the sliding scale services offered to those who are under-insured or uninsured. Medicaid is accepted.

PATH Foundation

321 Walker Drive, Suite 301, Warrenton VA 20186
540-680-4100
pathforyou.org

The PATH Foundation is a charitable organization that strives to support and uplift Culpeper, Fauquier, and Rappahannock Counties through grants and community partnerships.

PATH Community Link | 855-495-5465 | communitylink@pathforyou.org

This resource serves Rappahannock, Fauquier, Orange, Madison, and Culpeper counties. It operates Monday through Friday, 9:00 a.m. until 5:00 p.m. This is a completely confidential and free-of-charge resource that can be reached online, by phone, or by email at the points of contact listed above. For more information, visit <https://pathforyou.org/community-resource-links>.



Mental Health Association of Fauquier County

About Us

Started in 1964 by local citizens, the Mental Health Association of Fauquier County (MHAFC), is a nonprofit 501 (c) (3) organization that promotes and facilitates mental wellness in Rappahannock and Fauquier counties. The organization collaborates with community stakeholders, advocates for access to care, refers community members to appropriate resources, and educates the communities served on a variety of mental health topics. For more information, please call 540-341-8732, or email info@mhafc1.org. We are here to help guide you to the resources you may need during this difficult time. More resources are available on our website, visit fauquier-mha.org.

Why We Created This Resource

After examining the data on attempted and completed suicides in the area, the Mental Health Association of Fauquier County saw a need for a resource to assist people that are coping with the death of a loved one from suicide.

The content in this booklet was created by the staff at the Mental Health Association of Fauquier County (MHAFC), Dona Rodgers, founder of Morgan's Message and Board Member for MHAFC, and Brittany Gorski, a George Mason University intern with Mental Health Association from August to December 2022.

Additionally, local professionals from funeral home directors, financial planners, attorneys and first responders, all provided valuable input into this resource. The Mental Health Association sends its utmost gratitude to all who have helped with the creation of this booklet.



Immediate To-Dos

- Contact your loved ones.
- Contact the funeral home.
- Contact your faith leader.
- Provide statement to law enforcement officers.

Staple law enforcement officer's business card(s) here.

Financial/Legal/Other

- Provide law enforcement any follow up information.
- Order death certificates, min. 10 copies.
- Notify medical and life insurance companies.
- Notify workplace and/or school.
- Make funeral arrangements.
- Locate the Last Will and Testament, if applicable.
- Notify attorney and financial planner, if applicable.
- Review the estate information to determine who needs to be contacted.
- Review requests in the Will in order to make a to-do list that meets those requirements in terms of funeral arrangements, individual notifications, etc.
- Contact Social Security Administration.
- Contact family physician, and counselor or therapist.
- Gather all passwords to accounts, including social media.
- OTHER. _____

Notes

Important Dates

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Appointments Made: Date & Time

<input type="checkbox"/> Law enforcement _____	<input type="checkbox"/> Other _____
<input type="checkbox"/> Funeral Home _____	<input type="checkbox"/> Other _____
<input type="checkbox"/> Social Security Office _____	<input type="checkbox"/> Other _____
<input type="checkbox"/> Attorney _____	<input type="checkbox"/> Other _____