

Unspoken Grief Podcast Launches on Mental Health News Radio Network to Support Survivors of Murder-Suicide Loss

Impacted Survivors of Murder-Suicide and MHNRRN partner to bring survivor-led conversations to a profoundly stigmatized community



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unspoken
grief podcast

finding strength in silent struggles

More Than Their Final Act: Holding
Space After Murder-Suicide Loss

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impacted survivors.org
mentalhealthnewsradio.com

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Impacted Survivors of Murder-Suicide, in collaboration with the *Mental Health News Radio Network (MHNRN)*, announces the launch of **Unspoken Grief**, a groundbreaking podcast dedicated to survivors of murder-suicide. As part of the world's first mental health podcast network, *Unspoken Grief* brings visibility to one of the most stigmatized and isolating forms of loss.

"Podcasting gave us a way to break the silence," the hosts share. "There's often shame, stigma, or misunderstanding surrounding murder-suicide, and very few platforms speak directly to survivors. With *Unspoken Grief*, we're using our voices to hold space for raw conversations that are both validating and deeply needed."

Why Podcasting Matters

For the hosts, podcasting was a natural extension of the work they were already doing: creating space for grief that often goes unacknowledged.

"There's something intimate and powerful about podcasting," they explain. "It's not just information — it's a voice in someone's ear, often when they're alone, grieving, or searching. That connection can be healing."

The format allows the three hosts to meet survivors where they are. Not everyone feels ready to join a support group or reach out for help; podcasting offers a gentler way to connect, carrying tone, emotion, and humanity.

About the Podcast

Unspoken Grief: Finding Strength in Silent Struggles was born out of silence — the kind of heavy, complicated grief that so few people talk about, especially when it involves murder-suicide. The podcast tackles subjects many find unthinkable, from navigating traumatic grief and guilt to rebuilding relationships and identity after loss.

Each episode includes:

- **Survivor stories** — raw, honest accounts from those who have lived through murder-suicide loss
- **Expert interviews** — clinicians and advocates offering trauma-informed tools and perspectives
- **Reflective conversations** — candid discussions on the messy, nonlinear realities of grief

The goal is to remind survivors: your grief matters, your story is valid, and you are not alone.

Meet the Hosts

- **Kristina Caravello Faulkner, LCMHC** — a Licensed Clinical Mental Health Therapist who works closely with individuals facing complex trauma, grief, and depression. She brings clinical insight, grounded presence, and tools for emotional regulation.
- **Michael Vinton** — an actor with a gift for listening deeply and conveying vulnerability with warmth and honesty. His presence helps balance difficult conversations with humor and

humanity.

- **Tina Chevalier** — a survivor, researcher, and advocate dedicated to sharing resources and compassion for those navigating murder-suicide loss.

“We are survivors of murder-suicide ourselves,” they explain. “We know what it’s like to have your world shattered in a way that feels impossible to explain. That lived experience drives us. We don’t come with all the answers, but we come with understanding.”

Ongoing Goals

The mission of *Unspoken Grief* is to normalize the complexity of grief after murder-suicide. Each episode offers comfort, connection, and practical tools for emotional regulation and self-care, while also honoring the deeply human need for community.

“Our ongoing goal is simple but profound: to help survivors carry their grief with less isolation and more support,” the hosts affirm. “We want *Unspoken Grief* to be a steady presence — one that offers not just education, but warmth, humanity, and a space to breathe.”

About Impacted Survivors of Murder-Suicide

Impacted Survivors is dedicated to supporting individuals and families affected by murder-suicide through survivor-led initiatives, advocacy, and education. The organization exists to end silence and isolation, creating a community where survivors feel seen, heard, and understood.

About Mental Health News Radio Network

The *Mental Health News Radio Network (MHNRN)* hosts more than 50 podcasts covering all aspects of mental health. It is the world’s first and largest podcast network dedicated to elevating conversations about mental well-being. By adding *Unspoken Grief* to its lineup, MHNRN reaffirms its commitment to amplifying survivor voices and supporting mental health in all its forms.

Listen to *Unspoken Grief*

Now available on [Apple Podcasts](#), [Spotify](#), and all major podcast platforms.

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