



Survivors of suicide loss

If you have lost a loved one to suicide, you are not alone. There are resources available to help survivors of suicide loss cope.

How to take care of yourself

A loved one's suicide is a challenging, confusing and painful experience. If you're struggling, there are things you can do.

Find a support group: You don't have to cope with your loss alone. There are support groups specifically for those who have lost a loved one to suicide.

Do what feels right for you: Don't feel pressured to talk immediately. If you choose to discuss your loss, talking about it can allow your friends and family to support you appropriately.

Write: You may find it helpful to write your feelings or to write a letter to your lost loved one. A journal can be a safe place for you to express some of the things you could not say before the death.

Ask for help: Don't be afraid to let your friends support you or look for resources in your community, such as therapists, co-workers or family members.

Source: National Suicide Prevention Lifeline

How to take care of someone else

Supporting someone who has lost a loved one can feel overwhelming and complex. There are ways to help.

Accept their feelings: Loss survivors grapple with complex emotions after the death of a loved one by suicide, such as fear, grief, shame and anger. Accept their feelings, be compassionate and patient and provide support without criticism.

Use sensitivity during holidays and anniversaries: Events may bring forth memories of the lost loved one and emphasize this loved one's absence.

Use the lost loved one's name: When talking to survivors, use the name of the person who has died. This shows that you have not forgotten this important person and can make it easier to discuss a subject that is often stigmatized.

Resources for loss survivors

National Suicide Prevention Lifeline: 988 or 1-800-273-8255
American Foundation for Suicide Prevention: <https://afsp.org/>



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