

Helping You to Survive a Suicide Death

- Know you can survive. You may not think so, but you can.
- You may struggle with ‘why’ it happened, until such time that you no longer need to know ‘why’ or until you are satisfied with partial answers.
- Know that you may feel overwhelmed by the intensity of your feelings, but that all your feelings are normal.
- Be aware that you may feel anger towards the person who completed suicide, at the world, at a God, at yourself.
- You may feel guilty, for what you think you did, or did not, do.
- Having suicidal thoughts yourself is common. It does not mean that you will actually act on those thoughts.
- Remember to take one moment, and one day, at a time.
- Find a good listener with whom to share. Call someone.
- Don’t be afraid to cry; tears are healing.
- Give yourself ample time to heal.
- Remember, the choice was not yours. No one is the sole influence in another’s life.
- Expect setbacks. Don’t panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief.
- Try to put off making major decisions.
- Be patient with yourself.
- Set your own limits and know it is okay to say ‘no’.
- Know that there are Support Groups that can be helpful, such as ‘Bereaved Families’.
- Know that you will never be the same again, but that you can survive with help and support.