

Grieving those who die by suicide

- ◆ **Know you can survive; you may not think so, but you can.**
- ◆ **Struggle with “why” it happened until you no longer need to know “why” or until YOU are satisfied with partial answers.**
- ◆ **Know you may feel overwhelmed by the intensity of your feelings but that all your feelings are normal.**
- ◆ **Anger, guilt, confusion, forgetfulness are common responses. You are not crazy, you are in mourning.**
- ◆ **Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It’s okay to express it.**
- ◆ **You may feel guilty for what you think you did or did not do. Remember, the choice was not yours. No one is the sole influence on another’s life.**
- ◆ **Having suicidal thoughts is common. It does not mean that you will act on those thoughts.**
- ◆ **Remember to take one moment or one day at a time.**
- ◆ **Find a good listener with whom to share. Call someone if you need to talk.**
- ◆ **Don’t be afraid to cry. Tears are healing.**
- ◆ **Give yourself time to heal.**
- ◆ **Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.**

- ◆ **Try to put off major decisions.**
- ◆ **Give yourself permission to get professional help.**
- ◆ **Be aware of the pain in your family and friends.**
- ◆ **Be patient with yourself and others who may not understand.**
- ◆ **Set your own limits and learn to say no.**
- ◆ **Steer clear of people who want to tell you what or how to feel.**
- ◆ **Know that there are support groups that can be helpful, such as Compassionate Friends or Survivors of Suicide groups. If not, ask a professional to start one.**
- ◆ **Call on your personal faith to help you through.**
- ◆ **It is common to experience physical reaction to your grief, e.g. headaches, loss of appetite, inability to sleep.**
- ◆ **The willingness to laugh with others and at your self is healing.**
- ◆ **Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.**
- ◆ **Know that you will never be the same again, but you can survive and even go beyond just surviving.**