Self Care Tips after a Suicide Loss

Suicide Loss Survival

If you or a loved one has recently experienced a suicide loss, the reality probably came as a shock to you and you are trying to find a means by which to cope with the loss.

It is essential that during this coping process that you remember a few things:

• You are not alone—you have a support network of friends, family, and/or a professional community to listen, help, and offer their services.

Survivor Coping

• You will feel a great deal of emotions from anxiety to sadness to grief to self-blaming. This is normal and part of the complicated grieving process.

• Research has shown that the grieving process is similar for those experiencing suicide loss than other means of death but suicide loss survivors face additional challenges of grief, shame, and self-blaming.

• You need time to work through the feelings of guilt, shame, and self-blaming and find the support you need—it is not “irrational” to feel guilty.

• Let those emotions out and cry if you need to—let yourself find relief from emotional pain.

• Many suicide survivors find comfort sharing the truth about their loved one’s death by suicide.

• By sharing the truth with your loved ones, you open the door for them to help you and for you to tell them what you need.

• If necessary, reduce your interactions with those whom make you feel worse. Be honest and say “I know you mean well, but what you are saying right now is not helpful.”

• If you or your mourning loved one begin to find themselves unable to handle the grieving process, consider going to a survivor support group or seek professional help.

• If you are the parent of a child or teen, tell them the truth in plain words, encourage questions, and offer loving reassurance. Let them express their emotions and talk when they need to.

• Be Kind to Yourself. When you feel ready to begin the next chapter in your life, enjoy life! Remember your loved one however it feels right to you and know that you are on the path to healing.

For more resources:  www.vtspc.org info@healthandlearning.org