

Helping You to Survive A Suicide Death

1. Know you can survive. You may not think so, but you can.
2. 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.
3. Know that you may feel overwhelmed by the intensity of your feelings, but that all your feelings are normal.
4. Be aware that you may feel anger towards the person who completed suicide, at the world, at a God, at yourself.
5. You may feel guilty, for what you think you did, or did not, do.
6. Having suicidal thoughts yourself is common. It does not mean that you will actually act on those thoughts.
7. Remember to take one moment, and one day, at a time.
8. Find a good listener with whom to share. Call someone.
9. Don’t be afraid to cry; tears are healing.
10. Give yourself ample time to heal.
11. Remember, the choice was not yours. No one is the sole influence in another’s life.
12. Expect setbacks. Don’t panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief.
13. Try to put off making major decisions.
14. Be patient with yourself.
15. Set your own limits and know it is okay to say ‘no’.
16. Know that there are Support Groups that can be helpful, such as ‘Bereaved Families’.
17. Know that you will never be the same again, but that you can survive with help and support.

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