



COMMON DIFFICULTIES SURVIVORS MAY FACE

Suicide loss survivors often face additional challenges when compared to other types of grief due to the unique emotional, social, and psychological complexities surrounding suicide. During the grief process, survivors may struggle with:

Seeking understanding

After a suicide, there's a strong desire to understand why it happened. People often seek a clear answer to make sense of the tragedy and find meaning in a loss that feels sudden and incomprehensible.

Feeling guilt or responsibility

After a suicide, it's common to feel guilt and wonder if it could have been prevented. People often replay past interactions and question if they missed signs. While there may be no clear answers, it's important to remember that suicide is complex and, in most cases, no one is to be blamed when a relative, friend, romantic partner, colleague, or acquaintance dies by suicide.

Experiencing emotional pain and shock

Suicide causes unique grief, as it's not only the loss of a loved one, but also the loss of a future with them. People often feel sadness, anger, confusion, and disbelief, which can drive them to search for answers to ease the pain.

Desiring closure

People often seek answers to find closure and healing, hoping that understanding the "why" will help them process their grief. However, because suicide is a complex combination of individual, relationship, community, and societal risk factors, finding a clear answer is often difficult.

Feeling uncertain

After the shock settles, those left behind may feel overwhelmed by the question, "What do I do now?" This uncertainty is common after a suicide loss, and it can create feelings of anxiety or helplessness. Know that healing takes time, and support from loved ones, therapists, or peer support groups can help guide the way forward.

Processing cultural and societal beliefs

Cultural and societal views on suicide can affect how people react to a suicide loss. In some cultures, moral or religious beliefs shape the search for answers, often leading to more questions.

It is completely normal for suicide loss survivors to experience extra struggles compared to other types of loss. Healing often involves acknowledging the difficulty of suicide loss without feeling pressured to find all the answers and seeking support along the way.