

LIFE AFTER SUICIDE LOSS



Below are some strategies that may help you navigate through a suicide loss and rebuild your life after tragedy. Healing does not have to involve making sense of the loss—it's simply about allowing space for feelings, honoring the experience, and moving forward at one's own pace.

Seek professional help

Consider working with a mental health professional, such as a therapist or counselor, who specializes in grief and loss. They can provide guidance and support tailored to your needs.

Connect with support groups

Joining a support group for survivors of suicide loss can be immensely beneficial. These groups offer a safe space to share experiences, emotions, and coping strategies with others who have gone through similar experiences.

Educate yourself

Learning about suicide, mental health, and the factors that may have contributed to your loved one's struggles can help you gain a better understanding of their experience and reduce stigma.

Remember your loved one

Create a meaningful way to remember and honor your loved one's life. This could include setting up a memorial, planting a tree, or participating in an event or charity in their memory.

Express your emotions

Allow yourself to feel and express the range of emotions that accompany grief—sadness, anger, guilt, confusion, and more. It's essential to acknowledge and process these feelings rather than bottling them up.

Seek the support and resources that resonate with you. Making meaning out of your loss can be a long and difficult process, but with time and support, it is possible to find ways to remember and honor your loved one while moving toward healing and acceptance.

Write or journal

Consider keeping a journal or writing letters to your loved one to express your thoughts and feelings. This can be a therapeutic private outlet for your emotions.

Practice self-care

Caring for your physical and emotional well-being is crucial during the grieving process. Eat well, move your body, and get enough rest.

Find meaning in helping others

Some people use their experience to help others struggling with mental health issues or who have experienced a similar loss. Volunteering for a mental health organization or suicide prevention program can be a way to give back and find purpose.

Rituals and traditions

Consider creating rituals or traditions that help you commemorate your loved one on special occasions, anniversaries, or holidays. These rituals can provide a sense of connection and continuity.

Accept that healing takes time

Grief is unique and non-linear. Be patient with yourself and allow time for healing. There is no set timeline for when you should feel better.

Seek spiritual or faith-based support

If you have faith or are part of a religious community, you may find solace and support through your faith and spiritual practices.