

## AFTER A SUICIDE LOSS

*It may feel like you cannot live through this, but you can.*

- Losing someone to suicide can be confusing and trigger intense emotions.
- Shock is inevitable upon learning of the loss of a loved one by suicide. For some people, it stops them from doing daily routines (e.g. dishes pile up, fridge is empty).
- Although people grieve differently; anger, guilt, despair, and disappointment are common responses to grief.
- There will be highs and lows, times when your grief can be overwhelming. This is normal, you are grieving.
- You may experience physical health issues like energy loss, unable to concentrate, temporary memory loss and becoming ill easily.
- You may even have thoughts of suicide. This, too, is common. It does not mean you will act on those thoughts.

## COPING WITH LOSS

- Know that you are not to blame for the suicide of someone close to you.
- Give yourself permission to grieve.
- Keep asking “why” until you no longer need to ask.
- Don’t rush yourself. Heal at your own pace, not what others expect of you.
- Connect with others, you do not have to do this alone. Support groups allow you to be with people who have experienced loss. [www.afsp.org/find-a-support-group/](http://www.afsp.org/find-a-support-group/)
- It may be helpful to write your thoughts and feelings down. This allows a safe space to express yourself.
- Ask for help. It is okay to ask for the support of friends or connect with a therapist in your community. [www.dmh.mo.gov/mental-illness/help/community-mental-health-centers](http://www.dmh.mo.gov/mental-illness/help/community-mental-health-centers)
- If the feeling of hopelessness is so overwhelming or having thoughts of suicide, contact the **National Crisis Line 800-273-8255** or text **MOSAFE to 741741**.

