Grief After Suicide



People Grieve Differently

- Know that you can survive. Though you may feel you cannot survive, you can.
- The intense feelings of grief can be overwhelming and frightening. This is normal. **You are not going crazy; you are grieving.**
- You may experience feelings of guilt, confusion, and anger, even fear. These are all common responses to grief.
- You may even have thoughts of suicide. This, too, is common. It does not mean you will act on those thoughts.
- Forgetfulness is a common, but temporary side effect. Grieving takes so much energy that other things will fade in importance.
- Grief also affects us physically. You may find that you are more accident-prone, that you get sick more easily, you feel fatigued and have more pain.

Coping Strategies

- Keep asking "why" until you no longer need to ask.
- Healing takes time. Allow yourself the time you need to grieve.
- Grief has no predictable pattern or timetable. Though there are elements of commonality in grief, each person and each situation is unique.
- If you can delay making major decisions, do so.
- The path of grief is one of twists and turns and you may often feel you are getting nowhere. Remember that even setbacks are a kind of progress.
- Expect setbacks and occasional painful reminders. Some days are better than others and if you go about life with this mentality, you will be better prepared through the grieving process.
- This is the hardest thing you will ever do. Be patient with yourself.
- Seek out people who are willing to listen when you need to talk and who understand you may need to be silent.
- Give yourself permission to seek professional help.
- Avoid people who try to tell you what to feel and how to feel it and, in particular, those who think you should "be over it by now."
- Find a support group for survivors that provide a safe place for you to express your feelings or simply a place to go to be with other survivors who are experiencing some of the same things you are going through .