

TALKING ABOUT THE PERSON WHO DIED BY SUICIDE

Gentle guidance for survivors of suicide loss

A person who died by suicide was more than the way they died. Speaking their name, sharing memories, and acknowledging the relationship can be deeply meaningful. You get to decide what you share, with whom, and when. Honest remembrance can hold both the pain of the death and the fullness of the life that came before it.

SAY THEIR NAME

Many survivors want others to remember that the person still matters and remains part of their story.

- Use their name naturally in conversation
- Invite memories without demanding them
- Acknowledge important dates and milestones
- Follow the survivor's language and comfort

REMEMBER THE WHOLE PERSON

Make space for personality, relationships, ordinary moments, strengths, struggles, and love.

- Share stories that bring their character to life
- Display photographs or meaningful belongings
- Cook a favorite meal or revisit a tradition
- Avoid reducing their identity to the death

SHARE AT YOUR OWN PACE

You can be honest without telling every detail. Your story belongs to you.

- Prepare a short description for difficult conversations
- Set boundaries around questions and speculation
- Choose trusted people for deeper sharing
- Change what you disclose as your needs change

CREATE CONTINUING BONDS

Connection can change after death without disappearing. Remembrance may become part of living forward.

- Write letters or keep a memory journal
- Support a cause that reflects their values
- Create art, music, a garden, or a ritual
- Let memories include laughter as well as tears

A GENTLE REMINDER

Saying their name does not cause the pain—it acknowledges the love, the life, and the person who continues to matter.

Your grief is real. Your questions are welcome. You do not have to carry this alone.

