

HOPE AND HEALING WITHOUT FORGETTING

Gentle guidance for survivors of suicide loss

Healing after a suicide loss does not mean forgetting the person, approving of what happened, or leaving your grief behind. It means gradually building a life that can hold love, pain, memory, and new experience together. Hope may feel distant at first. Often it begins quietly—in one safe breath, one honest conversation, or one moment that feels slightly more bearable.

HEALING IS NOT FORGETTING

Your bond with the person can continue even as the form of the relationship changes.

- Memories can remain part of daily life
- Grief may soften and still return
- Love does not depend on constant pain
- Moving forward is not moving away

HOPE MAY BEGIN SMALL

You do not have to feel optimistic. Hope can simply mean allowing for the possibility of another moment.

- Notice what helps you stay through today
- Accept care without needing to feel better
- Let ordinary pleasure return without guilt
- Measure progress gently, not by a deadline

CARRYING THEIR MEMORY

Remembrance can reflect the whole person and the values, stories, and connections they left with you.

- Speak their name and share meaningful stories
- Create rituals that can evolve over time
- Continue a tradition or act of kindness
- Choose advocacy only if and when it feels right

A LIFE THAT HOLDS BOTH

Healing can include sorrow and joy, absence and connection, remembrance and change.

- Make room for conflicting feelings
- Build relationships that welcome your full story
- Seek support when grief becomes heavy again
- Allow your future to be different and still meaningful

A GENTLE REMINDER

You do not have to choose between remembering and living. Your life can continue while your love and your loved one's memory remain part of you.

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

