

ANGER AFTER A SUICIDE LOSS

Gentle guidance for survivors of suicide loss

Anger after a suicide loss can be powerful and complicated. You may feel angry with the person who died, with family, professionals, circumstances, faith, or yourself. Anger can exist beside love and sorrow. Feeling it does not make you uncaring; it may be one way your grief protests what happened and everything the loss has changed.

WHERE ANGER MAY LAND

Anger often looks for a place to go when a loss feels unbearable, preventable, or deeply unfair.

- The person who died
- People you believe should have known or acted
- Systems, services, or circumstances
- Yourself, your body, faith, or the world

WHAT MAY BE UNDERNEATH

Anger can protect more vulnerable feelings that are difficult to approach directly.

- Abandonment or betrayal
- Fear and loss of safety
- Guilt, helplessness, or shame
- Deep love, longing, and sorrow

SAFE WAYS TO EXPRESS IT

Your anger needs acknowledgment and boundaries, not denial or harm.

- Name it privately or with a trusted person
- Write an uncensored letter you do not send
- Move your body or use creative expression
- Pause before making major decisions or sending messages

WHEN ANGER FEELS OVERWHELMING

Seek support if anger is controlling your actions, damaging relationships, or making anyone unsafe.

- Step away from escalating situations
- Tell someone you need help staying grounded
- Work with a grief- or trauma-informed counselor
- Use immediate crisis support if harm feels possible

A GENTLE REMINDER

You are allowed to feel angry and still love the person who died. Both truths can belong in your grief.

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

