

FINDING SUPPORT AFTER A SUICIDE LOSS

Gentle guidance for survivors of suicide loss

Suicide loss can feel profoundly isolating, but you do not have to carry it alone. Helpful support may come from people who know you, others who have survived a similar loss, and professionals who understand grief and trauma. The right mix can change over time. You are allowed to keep looking until support feels respectful, safe, and useful.

YOU DO NOT HAVE TO DO THIS ALONE

Begin with one person or service that can offer steadiness without demanding that you tell the whole story.

- Name the kind of help you need today
- Ask someone to stay, listen, or handle a task
- Use text or email if speaking feels difficult
- Let trusted people help you remember appointments

SUICIDE-LOSS-SPECIFIC SUPPORT

Being with others who understand the questions, stigma, and complexity can reduce isolation.

- Look for local or online survivor groups
- Consider peer companions or grief chats
- Try more than one group if the first is not a fit
- Choose moderated spaces with clear safety practices

PROFESSIONAL AND COMMUNITY CARE

Different needs may call for grief counseling, trauma care, medical support, faith care, or family therapy.

- Ask about experience with suicide bereavement
- Tell providers what feels helpful or harmful
- Include sleep and physical health in your care
- Seek culturally and spiritually respectful options

MAKE A SAFETY PLAN

Suicide loss can increase vulnerability. Prepare support before the hardest moments arrive.

- List people and places that help you feel safer
- Reduce access to anything you could use to harm yourself
- Know your local crisis and emergency options
- In the U.S., call or text 988 for immediate support

A GENTLE REMINDER

Reaching for support is not a failure of strength. It is a way of protecting your life while you learn to carry what has happened.

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

