

Coping with Suicide



There are no words to describe the pain felt after a loved one commits suicide.

It is normal to feel grief. You may also feel angry, anxious, depressed and extremely sad. Some people feel guilty after a loved one commits suicide because they feel that there was something they could have done to prevent the death. All of these emotions are normal and part of the grieving process.

Unfortunately, suicide is common and is one of the leading causes of death. Dealing with the aftermath of suicide can be difficult, but it is important to give yourself permission to grieve and to seek out help if you need it.

Symptoms You Might Experience

- Difficulty sleeping
- Upset stomach and headaches
- Change in energy levels
- Uncontrollable emotions

What You Can Do

Allowing yourself to grieve is an important part of dealing with the loss. It is necessary to work through the emotional pain you are experiencing in order to accept the loss. It will be an adjustment to live life without the lost person, but it is possible.

Talk to someone. There is no need to suffer alone when there are people out there to help. Don't be afraid to ask for and accept help. It is quite possible that you will not be able to accomplish all that you are used to while you go through the grieving process. It is not a sign of weakness to ask for help. Asking for help shows that you better understand your limits and are aware of the difficulties you are going through.

Consider joining a support group. Talking with others who have also experienced a loss can be very helpful. Research support groups for family members and loved ones who are coping with suicide.

Take care of yourself. Make sure that you are taking proper care of yourself while you go through this difficult time. It is important to make sure you are eating properly, exercising and trying to get enough sleep.

Keep a normal routine and find ways to relieve stress. Keeping a normal routine can be helpful. Being aware of the stress you are experiencing and finding ways to relieve stress such as practicing relaxation methods, engaging in fun activities, and talking to others can be very beneficial. Many people find relief by getting in touch with their spiritual side through meditation and/or prayer.

Give yourself time to grieve. Be patient with yourself and allow yourself the opportunity to mourn. Recognizing your feelings will help you to recover.

Boost awareness. It might be helpful to learn more about depression and other mental illness after the tragedy you have experienced. You may be able to better cope with the loss by gaining insight about what your loved one might have been experiencing.

What Should I Do if I Think Someone is Suicidal?

If you think someone is suicidal, do not leave him or her alone. Try to get the person to seek immediate help from his or her doctor or the nearest hospital emergency room, or call 911. Eliminate access to firearms or other potential tools for suicide, including unsupervised access to medications.

Additional Resources

National Mental Health Information Center
1-800-789-2647 | <http://www.samhsa.gov/>

National Suicide Prevention Lifeline*
800-273-TALK (8255)

**This is a 24 hour confidential resource, and you may call for yourself or for someone you care about.*



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