

After Someone Dies by Suicide



Someone You Care About Died by Suicide....now what?

Death brings with it so many emotions. When that death is by suicide, even more emotions are present.

People will ask questions you don't want to answer, nor do you have to answer them.

The grief journey will look different than that with a traditional loss, but healing is possible!

"Shock mixes with rage, despair with denial, and guilt with bewilderment."

- Kay Redfield Jamison, Ph.D

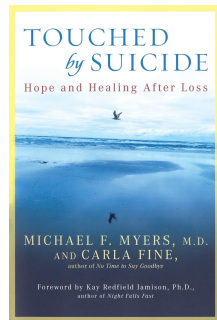
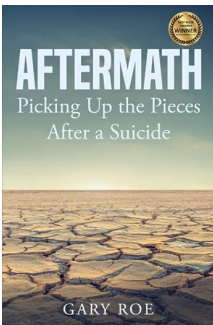
Resources

Websites:

afsp.org
988lifeline.org
crisistextline.org
lafronteraaz-empact.org
allianceofhope.org
jasonfoundation.com
teenlifeline.org

You are
NOT
alone!

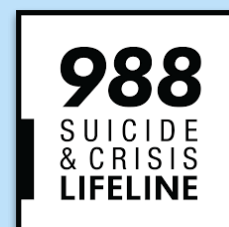
Books:



Common Emotions following a suicide loss

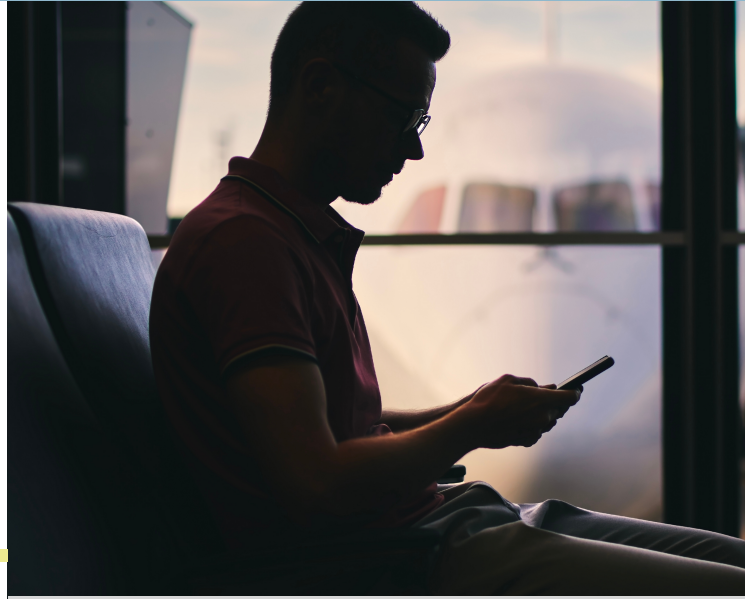
Guilt
Shame
Fear
Blame
Anger
Agitation
Helplessness

National Suicide Prevention Hotline
Call or Text **988**
If there is immediate risk, call 911!



After Someone Dies by Suicide

After losing someone to suicide, having your own thoughts about suicide is common, but it does not mean you'll act on those. But do take it seriously and if you truly are feeling suicidal yourself, seek help.



Get Help

Many people live with mental health issues and suicidal thoughts. You are not alone!

Suicide Prevention Lifeline: 988

Teen Lifeline: 1-800-248-8336 (TEEN)

Crisis Line: 1-800-631-1314

If there is immediate risk: call 911



What you can do today to begin healing

- Join a suicide loss support group.
- Read books that can help you heal.
- Talk with loved ones and friends.
- Recognize and acknowledge your own thoughts on suicide.
- Participate in some activities that take your mind off the grief.

*National Suicide Prevention Hotline Call or Text **988** If there is immediate risk, call 911!*