



Coping With Losing a Friend, Partner, Or Family Member to Suicide



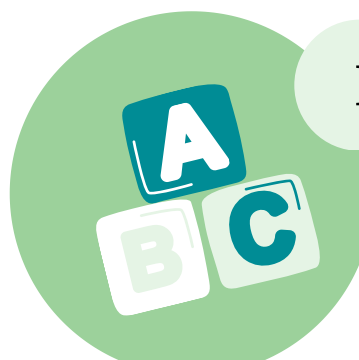
Feelings After A Suicide Loss

All emotions are valid- confusion, anxiety, anger, guilt, shame, regret, blame, sadness etc. It's likely you will always be left with some unanswered questions about your loved one's suicide. As difficult as it may seem at the moment, in time you can learn to come to terms with your loss, resolve your grief, and even gain some level of acceptance in order to move forward with your life.



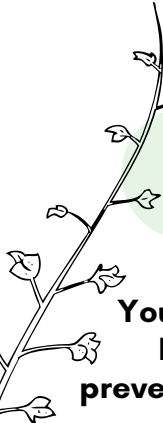
Reach out for Support

People who have lost someone to suicide often withdraw from others because they're worried about being a burden or having their loved one judged. In our society, there remains a stigma attached to both suicide and the mental health issues. Some people will be less sympathetic or want to avoid the subject altogether, while others may make insensitive or hurtful comments. But leaning a support system can help ease the burden of grief and, when you feel ready, talking about what you're going through can be an important first step in the healing process. **Support is available now. To schedule an appointment to meet with a therapist, contact CAPE at 718-224-0566.**



Explaining suicide to children

It's never easy to explain suicide to a child or teen, but lying or trying to shield them from the truth can often cause more hurt, fear, and anxiety in the long-run. Try to be as honest as you can while tailoring your explanation to an age-appropriate level. For young children, explain that their loved one had an illness that made them so sad they didn't want to live any longer. Make it clear that the child or teen in no way caused or contributed to the person's death. Point out that not everyone who feels sad or depressed dies. If they ever feel that way, they can reach out to you, a crisis line, or other family and friends for help. Consider finding a grief counselor or child bereavement support group to help your child deal with their loss.



If you or someone you know are experiencing suicidal thoughts or feelings, help is available now.

If you feel you are feeling suicidal, dial 911 or visit your nearest emergency room. You can also call 988. The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.