



When someone close to you commits suicide

Surviving the suicide of a loved one is a terribly painful event. You may experience a lot of emotions all at once. With support you can continue with your life.

Understand the stages of grief

Denial. This emotion can help protect you from feeling overwhelmed by shock, anger or anguish, but if it lingers too long, can inhibit the healing process.

Anger. You may find yourself blaming others for not preventing the suicide. Know it's OK to be angry. Talking about it with friends and family can be calming.

And consider:

- Exercise. Physical activity can calm racing thoughts.
- Not directing your anger at others.
- Finding outlets for expressing your feelings. Journal writing, music or poetry can all provide comfort and insight into what you are going through.

Guilt and Second-Guessing. Grief can cloud your thinking and it's common to focus on "what if" scenarios and think you could have stopped the suicide. Consider turning your guilt into positive action by volunteering for an important cause.

Depression. Common symptoms include:

- A noticeable change in appetite, sleep and/or weight
- Wanting to be alone most of the time
- Loss of pleasure
- Difficulty concentrating; agitation
- Feeling tired and without energy
- Bodily aches and pains
- Feeling that you can't go on

If these symptoms persist, contact your healthcare provider or your confidential Health Advocate EAP (Employee Assistance Program) and Work/Life program.

Acceptance. In this final stage of grief, seeking support may still be helpful. Easing back into a partial routine can also help you feel better. You may still find it helpful to seek support and allow your grieving to unfold. Trying to get back to a partial routine can help you feel better.

Talking to Children about Suicide

Keeping the truth from children sends the message that it's not okay to talk about sadness and pain. Tell them as much as you know, using simple and direct words. Tailor your words to their maturity level and help younger children put words to their emotions, like "angry" and "sad."



In a crisis, help is available 24/7.

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