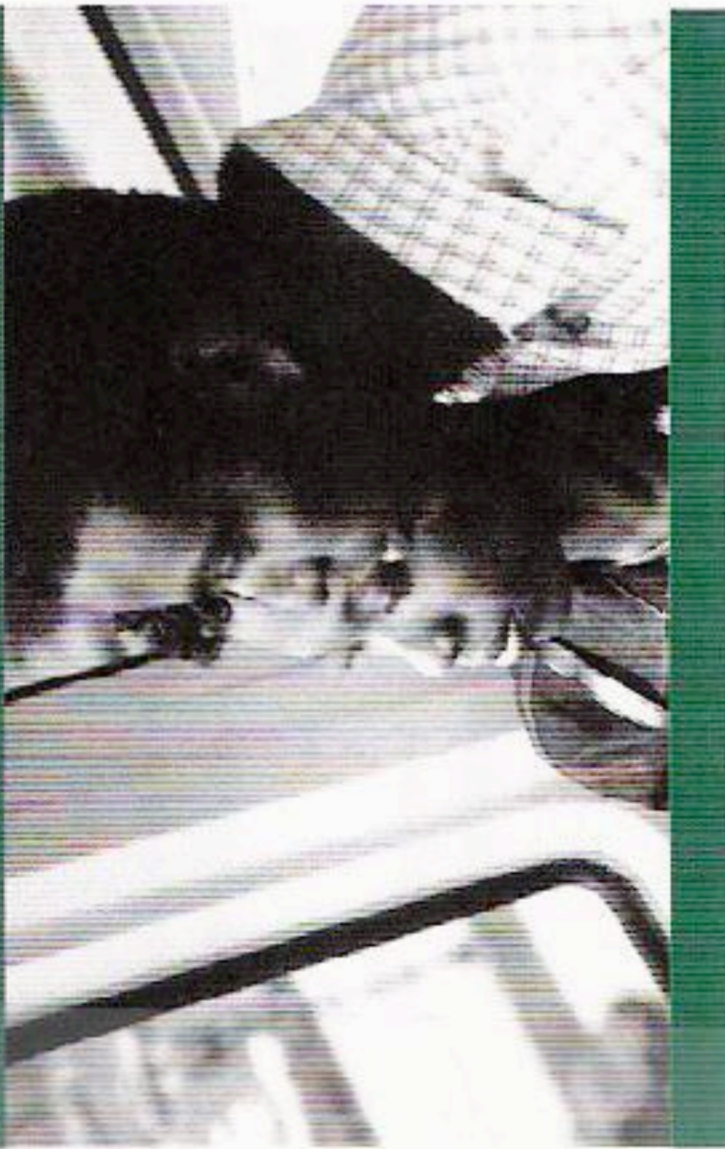


SURVIVING AFTER SUICIDE: Taking Care of YOURSELF



It can be helpful to find someone to talk with, especially if you have persistent thoughts of killing yourself, a history of depression, or recurring nightmares or thoughts about an especially traumatic aspect of the experience.

Survivors whose loved one died while under the care of a mental health professional may find it difficult to accept that counseling can help. But it often can, especially if you can locate a mental health professional who is knowledgeable about bereavement after suicide.

You might choose to talk to a friend, relative, spiritual leader, or mental health professional. Survivor support groups can also be helpful. These groups offer an opportunity to share your feelings and experiences with others who have lost someone to suicide.



SUICIDE PREVENTION COUNCIL
of St. Joseph County and Surrounding Areas

For more information visit our website at
www.sjcsuicideprevention.com
or call (574) 220-6381

Other suicide survivors have suggested the following ways of taking care of yourself:

- Try to focus on what you need to do to heal, rather than what you might have done differently before the suicide.
- Understand that intense feelings of grief, anger, rejection, guilt, and regret are normal, as are confusion and forgetfulness.
- Keep in mind that the death of someone whose life may have been difficult for family and friends may produce a feeling of relief - often closely followed by guilt.
- Explain the situation to other people in the manner most comfortable to you. Many survivors find it best to simply acknowledge that the death was a suicide.
- Put off major decisions for the immediate future.
- Remember that people grieve in different ways. There is no one "right" way to mourn the death of a loved one.
- Recognize that you will heal in time.

Crisis and Suicide Intervention
National HOTLINE
1-800-273-TALK

Local Help: Emergency Services
(877) 234-0061 toll free
(574) 234-0061 local
(operated by Madison Center)