

Suicide Bereavement

Death by suicide can be an overwhelming loss. It can leave families and communities with unanswered questions and many different emotions. Grief is very individual and will be different for everyone, but many of those bereaved by suicide may experience similar feelings. Finding ways to support yourself during this time is important.

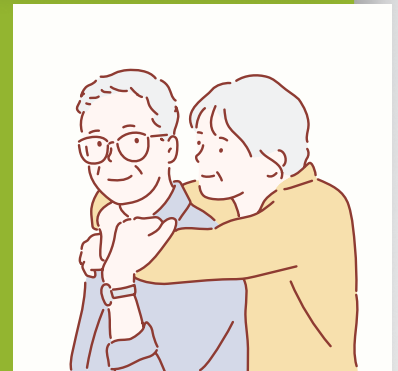
WHEN SOMEONE CLOSE TO YOU DIES IT CAN AFFECT YOU ON MANY LEVELS:

- **Physically** - tiredness, low energy, feeling empty
- **Mentally** - shock, disbelief, wondering what you could have done, anguish, experiencing disturbing images
- **Emotionally** - sadness, anger, anxiety, fear, loneliness, abandonment, relief, despair, rejection
- **Spiritually** - trying to make sense of what has happened, searching for answers



WHAT CAN HELP FOLLOWING A LOSS THROUGH SUICIDE

- Be gentle with yourself and allow yourself space and time to grieve
- Stick to routine or create a structure throughout the day
- Healthy eating (even if you are not feeling like it), hydrating, physical exercise – walks etc.
- Make sure you are getting some quality sleep, even a few hours can make a difference
- Stay connected and accept support from friends, family and support networks
- Take time out for yourself when you need it
- Honour the deceased person – talk about them, share memories/photos or practise any spiritual or cultural activities that are meaningful to you
- Consider joining a suicide bereavement group – sharing your experience with others who have been through similar loss might be helpful for you not to feel alone and stay connected
- Ask for help – talk to friends and family, your GP, counsellor, helpline, or online support



For more information contact **Pieta**
www.pieta.ie / Phone 1800 247 247

