

# Grief by Suicide



All grief is experienced at 100%, yet grieving a death by suicide\* can feel particularly intense. Thoughts and feelings *could* include:

- disbelief
- heartbreak at the loss
- shattered hopes, dreams or expectations
- isolation, loneliness, or aloneness in the enormity of your grief
- regret or guilt\*, wondering what could have prevented the tragedy

**It is possible that you *could* experience complicated grief**

- signs include feeling "stuck" in your grief, or having painful memories override all others, or being unable to talk about your loss

**"We bereaved are not alone. We belong to the largest company in all the world--the company of those who have known suffering."  
Helen Keller**



**85% OF PEOPLE PERSONALLY KNOW SOMEONE WHO HAS DIED BY SUICIDE \*\***

Having a loved one die by suicide is a risk factor for suicide. Check in on grieving loved ones. Know who to call for support



**90% OF SUICIDE DECEDENTS HAD A MENTAL HEALTH OR ADDICTION DISORDER \*\***

This rendered them unable to think clearly through their pain.

\*\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3384446/>

## \*Our words matter:

- "Guilt": Implies intent to harm. It is unlikely you intended harm to your person. "Regret" is more accurate for most people and situations.
- "Died by suicide": they did not commit a crime, they were ill. Avoid saying "committed suicide" and say "it was suicide" or "they died by suicide".
- "Grief" is different from "unresolved grief." Grief is normal and natural. You can heal what is incomplete or unresolved to make your grief feel softer and less all-encompassing

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# Support for your heart

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**Well-intentioned people may respond to your grief in unhelpful or even hurtful ways:**

- "At least they are no longer suffering."
- "I always worried about him"
- "Are you still grieving them? You have to find a way to move on."
- "There is nothing you could have done."
- "You can never recover a loss like this. You just have to live with the pain."

**While some of these are true, they speak to your mind when what you have is a broken heart. In result you may feel less safe sharing your grief with these people...adding to your loneliness.**

**Your broken heart deserves just as much care as a broken arm would.**

**Seeking help ✨honors✨ your grief and your person.**

***You do not have to suffer - support is available!***

**National Suicide Prevention:**

- 1-800-273-TALK (8255)
- <https://suicidepreventionlifeline.org>

**Grief Support:**

- [yahdavhanlon.com](http://yahdavhanlon.com)
- [kara.org](http://kara.org)
- [griefrecoverymethod.com](http://griefrecoverymethod.com)

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