You are not alone

Healing after a loss to suicide

Losing someone to suicide is a uniquely painful experience. It isn't time alone that heals our wounds; it's what we do with that time, and who we do it with. Healing is possible.

1. **Allow others to support you**
   You don't have to go through this alone. Lean on friends, family, or a support group for survivors of suicide loss.

2. **Feel your emotions, and care for your body**
   There is no right or wrong way to feel, and you can feel many emotions at once. Rest, eat and stay hydrated; grief takes a physical toll.

3. **Embrace moments of joy**
   It's okay to laugh and smile again. Joy doesn't diminish your love or your loss.

Easing the "why"

We may never know every detail, but understanding can ease the search. People are at greatest risk when they experience extreme distress, isolation and a shift in belief at the same time. Suicide is not a choice; it is the tragic result of dire circumstances, and no one is to blame.

A healing practice

Write a letter to the person you lost and say everything that feels unsaid. Then remember them for how they lived: share their stories, the funny ones and the meaningful ones.

Jenny's book *Growing Through Grief* offers a gentle guide to healing after losing a loved one to suicide.

Need help now? If you or someone you know is thinking about suicide, call or text 988 (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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