

SUICIDE  
AWARENESS &  
PREVENTION

# Losing *Someone* Close

Losing someone in your life to suicide may create intense feelings that are difficult to deal with. The tragedy brings with it many thoughts, emotions and intense symptoms of grief and loss. Grieving is a gradual and nonlinear process. Healing takes time. You may have good and bad days. Be patient with yourself throughout the journey and utilize coping strategies that may help navigate the loss:

**Allow yourself to grieve:** Give yourself permission to experience a range of emotions, including sadness, anger, confusion, guilt, or even numbness. Understand that grief is a natural response to loss, and it takes time to heal.

**Seek support:** Reach out to trusted family members, friends, or colleagues who can provide emotional support. Sharing your feelings and memories can help you process emotions and alleviate some of the burden. Consider joining a support group specifically designed for those who have lost someone to suicide. Connecting with others who have gone through similar experiences can offer a sense of understanding, comfort, and validation.

**Practice self-care:** Take care of your physical and emotional well-being. Engage in activities that bring you comfort and peace, such as exercising, meditating, journaling, spending time in nature, or engaging in hobbies that you enjoy. Make sure to get enough rest, eat nourishing meals, and maintain a routine as much as possible.

**Seek professional help:** If you find it difficult to cope with emotions or if your grief becomes overwhelming, consider reaching out to the EAP for guidance, coping strategies, and a safe space to process grief.

**Educate yourself:** Learning about suicide, its causes, warning signs, and the grieving process can help you gain a better understanding, contribute to your healing process and provide insights into prevention efforts.

**Avoid blame and guilt:** It's common for survivors of suicide to feel guilty for not being able to prevent the tragedy. It's important to remember that suicide is a complex issue. It is okay to let go of guilt.

**Honor their memory:** Find healthy ways to honor the memory of the one you lost. Engaging in acts of remembrance can provide a sense of purpose and contribute to healing.

**Your EAP is here for you & we can help. Contact us today.**

**800-EAP-4YOU (800-327-4968)**  
**TTY: 877-492-7341 | [EAP4YOU.com](http://EAP4YOU.com)**