

SUICIDE AWARENESS & PREVENTION

Losing Someone Close

Losing someone to suicide is a heartbreaking and deeply personal experience. It can bring intense grief, confusion, guilt, anger, or numbness. These emotions are natural and valid. The grieving process is not linear—it comes in waves, and healing takes time. Whether you're a family member, friend, or coworker of the person who died, please know that you are not alone. There is support available.

Ways to Support Yourself Through Grief

Give Yourself Permission to Grieve: Allow yourself to feel whatever emotions arise. There is no “right” way to grieve. Your journey is your own, and it's okay to take things one day at a time.

Seek Support: Talk to someone you trust. Sharing memories and emotions can ease your burden. Consider joining a support group specifically for suicide loss survivors to connect with others who understand.

Reach Out for Professional Help: The USPS EAP provides free, confidential counseling to help you cope. If grief becomes overwhelming or persistent, don't hesitate to speak to a mental health professional.

Practice Self-Care: Care for your physical and emotional well-being: Get rest, eat nourishing meals, and stay hydrated; take walks or spend time in nature; try mindfulness, journaling, or calming routines; engage in hobbies or spiritual practices that bring peace.

Maintain a Routine: Even a simple routine can help provide structure during a difficult time.

Explore Creative Expression: Creative activities like drawing, painting, writing, or making music can help you process emotions. Writing a letter to your loved one or creating a memory book may be healing.

Honor Their Memory: Finding meaningful ways to remember the person you've lost can offer comfort: Light a candle on anniversaries; volunteer or donate in their name; share stories or create a memory space; plant a tree or dedicate something in their honor.

Let Go of Guilt and Blame: Many suicide loss survivors struggle with guilt. Suicide is a complex issue, often involving mental health challenges. It is not your fault. Letting go of blame is an important step toward healing.

Access Spiritual or Faith-Based Support: If you are part of a faith community, consider reaching out.

Support Your Family and Children: Grief affects everyone differently. If you're caring for children or other loved ones who are also grieving, consider seeking age-appropriate support or counseling for them.

Reach Out to the EAP: Support is available 24/7 for you and your family. Visit EAP4YOU.com to learn more.