Self Help Tips for Coping with a Suicide Death

1. When you are a survivor of suicide, it is important to remember that you will have a lot of complex emotions as a result of your loss. These are normal and should be accepted to allow the grieving process to progress.

2. Grief is a natural process that has no defined length of time. It is important to let the process take its course and not try to stop it; the only cure for grief is to grieve.

3. Remember to eat healthy and to not neglect your health. Exercise and a healthy diet can help relieve some symptoms of depression and help advance the grieving process.

4. Grief can take a physical and emotional toll on the body, so remember to see your doctor if you are feeling sick. Sickness can burden an already difficult process.

5. Express your grief of the loss with friends or family. Suppressing your feelings could prolong the grieving process and could lead to depression.

6. Do not withdraw from friends and family. Try to be around those that are close to you more frequently, if only for the emotional support.

7. Join a support group; listening to the experiences of other can give you insight and understanding into what you are currently going through as well as providing a supportive listening environment.

8. Do what has to be done, but hold off on major decisions. The grieving process is draining on the body and any additional strain can only worsen it. Start with little tasks and work your way back up to complex decisions, but don’t forget to complete those tasks that need to be done.

9. During the grieving process do not take any drugs or alcohol. Alcohol and many drugs act as depressants and can only make your grieving process longer and more difficult.

10. Remember to make time for things that you enjoyed before the loss. Many of your thoughts will be focused on grieving, but you should take time for yourself.

11. If you do not feel safe with yourself, make sure to spend time with other people and remove any potentially dangerous objects from your home.