



AFTER A SUICIDE **COPING WITH LOSS**

SEEK PROFESSIONAL HELP IF YOU

- Have thoughts of suicide
- Repeatedly experience loss of control of your emotions
- Experience extended depression
- Cope by using alcohol, drugs, or other unhealthy means
- Cannot function in essential ways for days at a time

For more information and support, visit
onondagasuicideprevention.com

BELOW ARE WAYS YOU CAN COPE

PHYSICAL

- Get enough sleep
- Eat regularly and healthfully
- Take walks or engage in some physical activity

MENTAL & EMOTIONAL

- Explore memories of the person who died
- Accept your feelings
- Know that grief can be painful

SOCIAL

- Talk about the person who died
- Share only what you want
- Avoid unhelpful people or situations
- Seek support from other survivors

SPIRITUAL

- Engage in rituals that honor the person
- Participate in prayer, meditation, or worship
- Talk with people who share your beliefs
- Search for meaning in your loss



Call, Text, or Chat 988
for free, confidential,
24/7 support.
