

Traumatic Loss - Death by Suicide



Turn the “What if’s” into “I Did’s” - Letting Go of Any Guilt
“What if I had called them” ~ “I did touch base with them often”

Create a Support Map to Help Navigate Your Grief

Supportive friends and family, church or meaningful religious/ spiritual rituals, being in nature, exercise, art, music.

Be Careful with Your Social Media Interactions

Avoid the “rabbit hole” of scrolling through triggering content.

Dealing with Stigma

Choose your support network wisely. Try to limit time with those who address your loss with judgemental words and expressions.

Healthy Coping Strategies

- * Keep in touch - avoid isolating yourself from your familiar day to day routines, stay connected with the bigger picture, such as community and world news and events.
- * Grieve in your own way - Grieving is individual and personal and looks and feels different for everyone
- * Accept that painful reminders will happen
- * Don’t rush yourself - feel what your are feeling

Find Ways to Bring Honour to Their Life - Their life has more meaning than their death

Bringing honour to their life draws your attention to the relationship you shared together rather than the event of their death . This is the beginning of remembering them with more love than pain.

Adapt a Commitment to Allow Yourself Moments of Happiness and Healing

Allowing yourself to experience moments of joy and happiness doesn’t mean you don’t still miss them. We can experience sadness and happiness at the same time. Be kind to yourself.

Learn to Ride the Waves - Those Uncomfortable Grief Bursts

Painful moments will happen but remember the intensity will pass. Grief bursts often show up when we least expect it. These moments, while uncomfortable, will only last for a time.