

How best to help me – a resource for supporters of those bereaved and impacted by suicide

Below are some tips that some people bereaved and impacted by suicide have found useful to share:

1. Pay attention to me – I may have intense emotions that could include anger, sadness, fear, and guilt. Be prepared for any or all reactions. You cannot take these away, but being there, and showing you care can be comforting
2. Share memories – Don't be afraid to share stories about the person who died and what they meant to you. It is important for me
3. Understand – The healing process takes time. Remembering birthdays and special days can be particularly difficult, now and into the future
4. Just sit with me – Don't try and fix me, for now just sit with me and be there with me
5. Practical Support – Offer practical support such as making a meal, doing the shopping, gardening, or washing
6. Nurture Relationships – Keep in touch regularly. There may be times when your offers are refused but keep trying. If you are unsure what to do it is OK to simply let me know you are here for me
7. Language – The language you use should not judge the way my loved one died
8. Be Kind – To yourself as you may also be affected by the loss and have your own grief to work through