

WWW.STATEOFMINDSPORT.ORG/GUIDANCE

In addition to the help and guidance available in this document, the NHS publish a free booklet offering practical advice on all aspects of bereavement post suicide:

<https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

BEREAVEMENT BY SUICIDE

Practical Guidance
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YOU ARE NOT ALONE... SUPPORT IS AT HAND

WHEN SOMEONE YOU LOVE OR CARE ABOUT HAS DIED IN CIRCUMSTANCES THOUGHT TO BE DUE TO SUICIDE...

it is usual to experience a complicated mix of emotions. Grief is as unique as you are and no two people will react the same.

It can also be very confusing as to how to handle the practical things following bereavement by suspected suicide and how you talk about this and answer sensitive questions.

COMMON TRUTHS

There are four main principles surrounding grief...

THERE IS NO
RIGHT OR
WRONG WAY
AS TO HOW
YOU SHOULD
BE FEELING OR
GRIEVING

EVERYONE HAS
THE RIGHT TO
GRIEVE IF THEY
HAVE LOST
SOMEONE THEY
WERE CLOSE TO

ACCEPTING
DEATH DUE TO
SUICIDE CAN
BE ESPECIALLY
DIFFICULT,
RESULTING IN
SEARCHING
FOR ANSWERS
AND FEELINGS
SUCH AS GUILT
AND PERSONAL
BLAME

GRIEF CAN
ALSO BE
COMPLICATED
BY FEELINGS
OF ANGER AND
FEELINGS OF
REJECTION



WHAT CAN HELP ME DEAL WITH MY GRIEF?

Even though you might be really struggling following your bereavement, people in the same situation as you have found the following things helpful:



SHARE

DO express your feelings and thoughts with people you feel comfortable with.



REMEMBER

DO make opportunities to remember in a positive way, such as keeping photographs and small routines that were important to you both.



MEMORY BOX

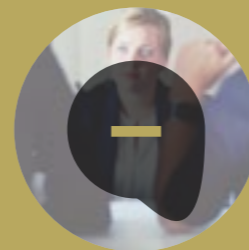
DO make a memory box with others who are experiencing grief to help share collective memories and personal stories.



WRITE

DO put your thoughts and feelings on paper if it is difficult to talk to others.

DO'S



BE SILENT

DON'T avoid talking to others about what has happened to you.



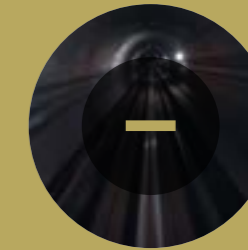
ISOLATE

DON'T avoid others by staying in the house, not wanting to socialise.



DRINK

DON'T drink excessively or take non prescribed medication to ease feelings.



RUSH

DON'T rush into making big decisions, give yourself time to heal and recover.



EXERCISE

DO spend time outside; connecting with nature or doing exercise can help.



CONNECT

DO connect with others with the same experience through support groups.



LOOK AFTER

DO look after yourself; take care with eating and getting enough sleep.



ACTIVITIES

DO participate in activities that you enjoyed together and try to avoid isolation.



FIRST AID KIT

DO develop your own 'emotional first aid kit' as an outlet when feelings might be overwhelming

DON'TS



TAKE RISKS

DON'T take risks with your own life, even if you feel like 'what's the point'?



REFUSE

DON'T refuse help if offered, people might find it difficult to come forward so accept a helping hand.



SUFFER ALONE

Don't suffer alone as it's not a sign of weakness to seek help from people who have experienced a loss such as yours and want to help others.

WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

REMEMBER...

...you are never alone.

Talk to a mate.

Ring the helpline.

Go online.

Bereavement by suicide does not have to ruin your life - help is available.

If you have been struggling with coming to terms with the death of someone you love or care for following their death by actual or suspected suicide, call someone now. There are many organisations nationwide and locally that can help you professionally. These include:

Cruse Bereavement Care supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people. www.cruse.org.uk Helpline: 0844 477 9400

Survivors of Bereavement by Suicide (SOBS) offers support for those bereaved or affected by suicide through a helpline answered by trained volunteers who have been bereaved by suicide and a network of local support groups. www.uk-sobs.org.uk Helpline: 0300 111 5065

Winston's Wish offers bereavement support for adults supporting children and young people. They have produced Beyond the Rough Rock, a booklet on supporting a young person or child bereaved through suicide. www.winstonswish.org.uk Helpline: 08452 030405

Samaritans provide emotional support to anyone who is struggling to cope and needs someone to listen. Local branches can be visited during the day. www.samaritans.org.uk Helpline: 116 123