



What Helps After a Suicide

Although the pain of suicide loss cannot be eased quickly, some things can help:

- **Take it one hour at a time**, then build it up to one day at a time. Baby steps. Breathe.
- **Take 'time out'** for activities you enjoy - allow yourself time out from the pain you're experiencing.
- **Stay connected** to your loved ones and supportive people around you. Don't isolate yourself.
- Find ways to honour the life of the person who has died e.g. assemble a memory box, photo album, keep a journal, share happy memories and talk about their life.
- **Allow people to help you**; don't be embarrassed to accept help.
- **Don't be afraid to tell people how they can help**, even it is just to sit with you and hold your hand in silence. Sharing with other people can reduce the sense of isolation and aloneness that comes with grief.
- **Stay healthy** – eat healthy meals, walk in nature, try to get a good night's sleep, avoid drugs and keep alcohol to a minimum
- **Prioritise tasks**, do only what is essential; try to be kind to yourself.
- **Consider joining a HUGG support group** to share with others who have had similar experiences. This will help you realise that you are not alone in your experience and that you will survive.
- **Take opportunities to join in public ceremonies** where you can be private, yet part of a larger group. You can use rituals and customs that are meaningful to you.
- **Talk with a counsellor/psychologist** to focus on your unique situation, to find support and comfort, and to find other ways to manage and cope.

T: (+353) 1 513 4048 E: info@hugg.ie W: www.hugg.ie