

How to cope when a friend or loved one dies by suicide

✓ Accept your emotions.

You might expect to feel grief and despair, but other common feelings include shock, denial, guilt, shame, anger, confusion, anxiety, loneliness, and even, in some cases, relief. Those feelings are normal and can vary throughout the healing process.

✓ Don't worry about what you "should" feel or do

There's no standard timeline for grieving and no single right way to cope. Focus on what you need, and accept that others' paths might be different from yours.

✓ Care for yourself.

Do your best to get enough sleep and eat regular, healthy meals. Taking care of your physical self can improve your mood and give you the strength to cope.

✓ Draw on existing support systems

Accept help from those who have been supports in the past, including your family, your friends, or members of your faith-based community.

✓ Talk to someone.

There is often stigma around suicide, and many loss survivors suffer in silence. Speaking about your feelings can help.

✓ Join a group.

Support groups can help you process your emotions alongside others who are experiencing similar feelings. People who don't think of themselves as "support group types" are often surprised by how helpful such groups can be.

✓ Talk to a professional.

Mental health professionals can help you express and manage your feelings and find healthy coping tools.

-American Psychological Association

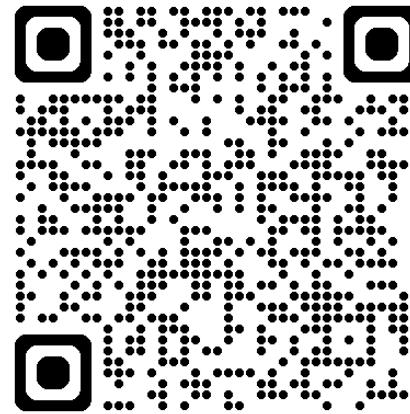
YOU ARE NOT ALONE:

Grief Support After Suicide Loss

The Connecticut Suicide Advisory Board can help.

If you or someone you know is grieving after a suicide, you do not have to go through it alone.

Scan the QR code to access more resources and updates.



178 Oakwood Drive
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amplifyct.org



Amplify

You are **Not** Alone

Grief after suicide loss is complex and deeply personal.
There is no "right" way to feel.

There is support.



(860) 267-5439
amplifyct.org

988

SUICIDE & CRISIS LIFELINE

For immediate help call or text
988, 24/7 confidential and free

Connecticut Mobile Crisis
Dial 2-1-1
Press 1 for crisis
Then 1 for youth or 2 for adults

In an emergency:
Call **911**



Connecticut Grief & Suicide Loss Resources

✿ Connecticut Suicide Advisory Board (CTSAB)

Statewide suicide-loss resources, toolkits and guides for families and children.
[Connecticut Suicide Advisory Board](#)

✿ Brian's Healing Hearts- Center for Hope & Healing

Grief companioning • Suicide-loss groups
Private grief counseling
Phone: 860-451-8354
Email: info@brianshealinghearts.org
[Brian's Healing Hearts](#)

✿ The Cove Center for Grieving Children

Supports ages 5-17
Family programs • Teen groups •
Young adult groups
Virtual options available.
Phone: (203) 634-0500
[The Cove Center for Grieving Children](#)

✿ Mary's Place, Grieving Children & Families

Young children • Older children • Teens
Young adults (19-29)
Young widows/widowers
Phone: (860) 688-9621
Email: info@marysplacect.org
[Mary's Place](#)



Additional Support

North Central Regional Suicide Advisory Board

[Amplify](#)

NAMI Connecticut

Suicide postvention resources
Young Adult Grief Support Group
NAMI HelpLine: 1-800-950-NAMI

Institute of Living (IOL) – Hartford

Survivors of Suicide Loss Support Group
2nd Tuesday monthly • 5:30-7:00 PM
Family Resource Center, 200 Retreat Ave
Phone: 860-819-5437

National Supports

AFSP

American Foundation for Suicide Prevention
Suicide-loss support groups
Healing Conversations
Peer 1:1 support

TAPS (Military/Veteran Families)

Tragedy Assistance Program for Survivors
Peer mentors • Retreats • Long-term support