

## 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

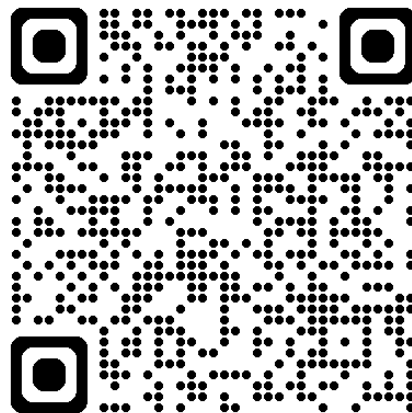
## YOU ARE NOT ALONE:

### 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.



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Glastonbury CT 06033

[info@amplifyct.org](mailto:info@amplifyct.org)

[amplifyct.org](http://amplifyct.org)



# 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](http://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 companionship • Suicide-loss groups  
Private grief counseling  
Phone: 860-451-8354  
Email: [info@brianshealinghearts.org](mailto: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](mailto: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