



Supporting Survivors of **SUICIDE LOSS**

Losing someone to suicide is a devastating experience that can leave family, friends, and colleagues grappling with grief, confusion, and heartbreak. The loss can leave loved ones navigating the journey, often filled with complex emotions, like disbelief, sadness, anger, guilt, and sometimes a deep sense of isolation. In these moments, support from others and access to helpful resources can make a world of difference.

Helping Yourself and Others

If you or someone you know is grieving a suicide loss, here are some resources and supportive ways to provide care and compassion:

CONNECT WITH SPECIALIZED SUPPORT GROUPS

Organizations like the [American Foundation for Suicide Prevention](#), [Alliance of Hope](#), and the [988 Suicide & Crisis Lifeline](#) offer survivor support groups, online forums, and helplines designed specifically for suicide loss survivors.

Helping Yourself and Others (Continued)

ACCESS MENTAL HEALTH SERVICES

Grief counselors and therapists can help navigate the unique challenges survivors face, including feelings of guilt, shame, and unanswered questions.

SHOW COMPASSION

A simple act of reaching out, offering a listening ear, or saying, “I’m here for you,” can have a profoundly positive impact on someone’s healing journey. Additionally, small gestures, such as a handwritten note or text message, can provide comfort and validation.

OFFER PRACTICAL HELP

Sometimes, the most helpful thing you can do is simple. Deliver a meal, help with errands, or be present to listen without judgment.

BE PATIENT AND GENTLE

Grief has no timeline, especially after a traumatic loss. Understand that survivors might experience waves of emotion and may need ongoing support long after the initial event.

Engaging Your Community

No one should face grief alone, and communities play a vital role in creating a culture of understanding and compassion. Here’s how we can all help:

CREATE SAFE, NON-JUDGMENTAL SPACES

Encourage open conversations about mental health and suicide without stigma. Avoid blaming language and instead focus on empathy and care.

HONOR THE MEMORY OF THOSE LOST

Participate in or help organize remembrance events, such as [International Survivors of Suicide Loss Day](#), candlelight vigils, or memorial walks. These types of public outreach and communal gatherings can help family, friends, and colleagues feel connected and supported with love and compassion.

EDUCATE AND RAISE AWARENESS

Attend workshops or volunteer at events that increase the understanding of suicide and mental health and bring awareness to the needs of those affected by the loss.



Whether you’ve lost someone to suicide or you’re helping someone who has, remember to take care of yourself throughout the process. Your Employee Assistance Programs is here to assist you with supportive strategies for improving your health and well-being, practicing gratitude and forgiveness, finding professional help in your area, and more. Call us any time, day or night, for more information and additional support.



Live
Webinar

SUICIDE PREVENTION

Suicide prevention takes all members of a community working together to raise awareness. This webinar acknowledges the difficulty in discussing suicide, provides tools and resources to identify warning signs, and offers guidance on implementing suicide prevention programs in the office and your community.

Wednesday,
September 10, 2025
2–3 p.m. E.T.

[REGISTER](#)

24 HOURS A DAY
800-222-0364
[FOH4YOU.COM](https://www.foh4you.com)

The Employee Assistance Program is a **voluntary** and **confidential** employee benefit available to eligible federal employees at no cost.



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EAP experience!

