

# How to Talk to a Survivor of Suicide Loss

## Don't Let Them Face These Feelings Alone

Providing support to someone who lost a loved one to suicide can seem daunting. But there are ways to connect with those suffering. It's important to provide a safe space for them to share their feelings and experiences.

### Acceptance

Healing takes time and survivors face complex feelings after the death of a loved one by suicide. Be available and accepting of their feelings. Provide support when you can without judgment.

### Respect

Don't ask intrusive questions about how the person died. Offer an invitation to talk and respect the details or lack of details the loss survivor volunteers.

### Empathy

The holidays are a tough time to navigate without the presence of a lost loved one. Positive holiday memories may be tainted and the thought of future memories without loved ones can hurt. Be empathetic with those struggling.

### Comfort

The act of reaching out reinforces that we are here for them, not just on this dedicated day, but throughout their journey of recovery.

### Conversation Starters:

"I'm here to listen."

"Can you share a favorite memory about your lost loved one?"

"How can I best support you during this time?"

"How have you been coping with your grief since your loss?"

"Is there anything specific that has helped you find peace?"

"What do you wish people knew more about losing someone to suicide?"