



Why won't
people talk
to me?

How to Share Your Story If You've Lost Someone to Suicide

It's common for family or friends of a survivor to not know how to talk about a loved one who has died. It can cause people to feel anxious or worried they might say the wrong thing, so they may avoid the topic all together. Just because some people might not want to talk about your loved one does not mean you shouldn't. In fact, sharing your emotions, experiences and story is an important part of the feeling process. Here are a few best practices and ways you can share your story.

Choose the Right Place and Time

When you decide to talk about your experiences, choose a time where you feel comfortable. Make sure you have privacy and undivided attention.

Start with Trusted Family or Friends

Start by reaching out to friends, family or mental health professionals who you trust. These people are most likely to provide understanding and support.

Maintain Boundaries

Protecting your mental health is just as important as sharing your story. Setting boundaries can help you decide how much you're comfortable sharing and when you need to step back for self-care.

Educate About Suicide

Some people may not understand the complexities of suicide. Explain that it's not just a choice but often the result of mental illness and emotional pain.

Telling your story can bring you great strength but be mindful that you tell your story safely. People with lived experiences are often the best advocates for suicide prevention. You know this turmoil better than anyone else and can spread a message of hope.

Be Open and Honest

Share your thoughts, feelings and experiences honestly. Allow yourself to be vulnerable. This can help others understand your pain and help them provide better support.

Seek Professional Help

If you're struggling discussing suicide with a friend or family, know that 988 is an available resource. They can offer a safe space for you to open up and provide guidance on how to cope with your grief.

Communicate Your Needs

Let the people you speak to know what you need from them. Whether it's a listening ear or simply just being there.