**Encourage Time to Grieve**

Grief is a natural response to loss, but it can be an incredibly challenging and complex process — especially when the loss is due to suicide. International Survivors of Suicide Loss Day, November 18, 2023, provides a dedicated day for those who have lost a loved one to suicide to come together and grieve. There’s no knowing how someone will react or cope after a suicide. We all grieve in our own way and at our own pace. While grief can be painful and challenging, it also can carry several benefits.

1. Acknowledging Pain: It is essential for survivors to have a space and time to acknowledge their pain. It validates their emotions and experiences while helping them understand that it’s okay to have these feelings.
2. Healing and Recovery: Grieving provides an opportunity for survivors to process their emotions, which is a vital step in the healing and recovery process. This allows them to work through complex feelings, such as guilt, anger, sadness or confusion — which are all common after a suicide loss.
3. Community and Support: A designated time for grieving, like Survivors of Suicide Loss Day, allows people to connect with others who have experienced similar loss. Shared experiences can offer a huge source of support and comfort.
4. Remembering and Honoring: Grieving isn’t just about dealing with the pain but also remembering and honoring those we’ve lost. To keep their legacies alive and share their memory.

For more information about Survivors of Suicide Loss Day events and resources in South Dakota, visit our website at [SDBehavioralHealth.gov](http://www.sdbehavioralhealth.gov/) and [SDSuicidePrevention.org](http://www.sdsuicideprevention.org/).