

“I do not resent my father for the lost opportunity to bond with him. I am sad that he must have felt alone during that point in his life.”



Brandon
Father died by suicide

“Mei fokun weires ai upue etiwa me weweiti poutunon ai ewe uncle are mongean inei ewe, a fokun weires turunon emon aramasen non ai ewe family pokiten ouwa angei am aninis senir meinisn.”

“Losing my uncle was hard to accept and understand, but it was through my family’s support that help each one of us cope.”



Dreama
Uncle died by suicide

“In the beginning, the survivors support group was the place where I can let my pain out. It helped me become stronger. Now, that place of hurt is a place where I find hope.”



Clyde
Son died by suicide

A SURVIVOR’S MESSAGE

Thoughts for the Soul

TALK TO SOMEONE

Help is Available

Local Emergency
911

Dept. of Mental Health and
Substance Abuse
24HR Crisis Hotline
(671) 647-8833

I’Pinangon, University of Guam
Campus Suicide Prevention Program
(671) 735-2888 / 9

LifeWorks Guam: Suicide Prevention
Program and Rainbows for All
Children on Guam
(671) 632-0257

Sanctuary, Inc. of Guam
24HR Crisis Hotline
(671) 475-7100

24 Hour National Suicide Prevention
Lifeline (Toll-Free)
1 (800) 273-TALK (8255)



www.facebook.com/FocusonLifeGuam

SURVIVORS OF SUICIDE SUPPORT GROUP

- Who: Open to youth and adults who have lost a loved one to suicide
- When: Every 2nd and 4th Thursday of the month
- Where: DMHSA-PEACE office in Hagatna

For more information, contact:
Department of Mental Health and Substance Abuse
Prevention and Training Branch (PEACE office)
(671) 477-9079 ~ 83 • www.peaceguam.org



**A Guide on
Surviving and Coping
from Suicide Loss**

**Finding Strength
and Courage to Live**
You are not alone

**FOCUS ON
LIFE**
www.peaceguam.org

Department of
**MENTAL HEALTH &
SUBSTANCE ABUSE**

PEACE
www.peaceguam.org

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Surviving After Suicide

We all experience difficult times and there are moments that seem impossible to deal with. If you have lost someone to suicide, it is important to know that you are not alone and that there are services available.

Survivors often experience mixed reactions of grief and disbelief that they cannot move on. Grief is a normal process in life when losing a loved one. Grieving is the first step in the healing process and well-being.

COMMON REACTIONS FROM GRIEF

Shock: The feeling of numbness, confusion and trouble concentrating

Depression: Changes in sleeping and eating patterns, lack of energy, and intense sadness.

Anger: Towards self, family, and friends

Stress/Anxiety: Being displeased about daily routines and feeling lonely or sad

Regrets: Feeling guilty and thinking, "If only I had ..."

Behavioral Changes: Living conditions and personal appearance becomes poor

Isolation: Withdrawing yourself from family and friends

Coping from Suicide Loss

- Talk with a family member, close friend, or health care provider. Take the initiative to talk about the suicide and tell them how you feel so that they may understand.
- Keep in contact with friends and loved ones and update yourself with what is happening in your environment and community.
- Keep in mind that everyone grieves at their own pace. There is no rush to heal or forget. It takes time.
- Some people find it easier to find the comfort within their religious beliefs or spiritual activities.
- Although anniversaries, birthdays, and holidays may be difficult to cope with, you may want to think about continuing traditions or keeping the spirit of the occasion alive.
- Take care of your own well-being by seeking professional help.
- Remind yourself to take it one day at a time. Be good to yourself; when you are ready to begin the journey of the healing process you will find joy in life again.

Children are also vulnerable and may feel abandoned or guilty. Listen to them and provide them age-appropriate answers. You may seek professional advice on ways to explain suicide to your children.

- Tell them as truthfully as possible about the death, while in a comfortable setting.
- Reassure them that the death is not their or anyone else's fault.
- Let them know that you will not abandon them.
- Try to stick to your child's daily routines.
- The most powerful gift that you can give to your child is love and support.

Comforting a Survivor

- ✓ Be patient. Listen and understand with your heart. *How was your day?*
- ✓ Familiarize yourself with their grieving process. *Could I be of any assistance to you?*
- ✓ Mentioned their loved one's name, acknowledging that you have not forgotten about them, especially during holidays, anniversaries and birthdays. *Your loved one is never forgotten.*
- ✓ Join them in their healing process. Be a part of the support group with them. *I am and will be here for you.*
- ✓ Provide them reassurance. *It is not your fault.*
- ✗ Do not push your way in and cutoff the person from talking. *Why can't you just tell me how you are feeling?*
- ✗ Don't be surprised by the intensity of their feelings. *Don't cry. Time will go by.*
- ✗ Avoid providing simple solutions. *Think about those around you. There are things worth living for.*
- ✗ Don't judge their spiritual faith. *There is a reason for everything. Just pray and everything will get better.*
- ✗ Don't assume. Listen to them. *I know how you feel.*

GRIEF IS A NORMAL PROCESS IN LIFE, ESPECIALLY AFTER LOSING A LOVED ONE. IT IS THE FIRST STEP IN THE HEALING PROCESS AND WELL-BEING.