

FACTS ABOUT

Grief and Loss

Information for People Dealing with Loss



Grief is a normal process after a death, but no two people grieve the same way. One of the most common responses people have after a death, is the feeling that they have lost control of their lives, especially if suicide is involved. This is just one of many items that put someone who has experienced the suicide of a close friend or family member at a greater risk of committing suicide themselves. Although grief is a normal, healthy reaction, sometimes people need to take conscious steps to work their way through it.

There are many sources of help. Don't try to tackle your grief alone. Seek out friends, family or professional counselors who can offer support during difficult times.

Just as everyone has different ways of dealing with grief, each counselor uses different methods to help those affected by suicide work through the grieving process. If counseling does not seem to be effective after several weeks, please do not give up. It may just be a matter of finding another counselor with a different approach.

In addition, a toll-free national help line -- 1-800-273-8255 -- has been established to help those who have suicidal thoughts, those who have concerns that friends or family members are considering suicide and those who have recently experience the death of a loved one because of suicide.

Tips for Dealing with Loss

- Find ways to honor the person and remember them. Concentrate on their life and not on their suicide.
- Reach out to others for help.
- Don't focus on what you could/should have done. This is the time for healing and not blame.
- Survivor's guilt often accompanies suicide. If you feel extended guilt over someone's suicide, it could be a sign that you should seek help.

Grief Counseling

Seeking counseling can help you work through the grieving process. In additions to the organizations listed below in "Sources of Help", you can check with your local hospital. Most hospitals have chaplains that are trained in grief counseling. Military members and military veterans have access to counseling and chaplains through their military branch and through the Grand Junction VA Medical Center. You can also find private counselors in your local yellow pages.



SUICIDE PREVENTION
FOUNDATION

Sources of Help

Western Colorado Suicide Prevention Foundation

<http://www.suicidepreventionfoundation.org>
(970) 683-6626

Hospice of Western Colorado

grief counseling & support groups for anyone dealing with loss
<http://www.hospicewco.com>

Grieving Center (on-line support program)

www.grievingcenter.org