

# After Suicide: A Journey of Healing

Suicide is a devastating event that can leave those left behind feeling lost, alone, and heartbroken. The grieving process after suicide is unique and can be very different from grieving other types of loss. This article will provide information about the grieving process, support groups, and other resources that can help you on your journey.



## Transfer Of Pain: After Suicide, A Journey Of Healing

by R.J. Belle

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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## The Grieving Process

There is no one right way to grieve after suicide. Everyone experiences the grieving process differently. Some people may feel numb or in shock, while others may feel angry or guilty. There may be times when you feel like you are taking two steps forward and one step back. This is all normal and part of the healing process.

The grieving process can take a long time. There is no timeline for how long it will take to heal. Allow yourself to grieve at your own pace and don't compare yourself to others.

## **Support Groups**

Support groups can be a helpful way to connect with others who have experienced the loss of a loved one to suicide. Support groups provide a safe space to share your feelings and experiences, and to learn from others who have been through similar situations.

There are many different types of support groups available, including groups for survivors of suicide loss, groups for family members and friends, and groups for children and teenagers.

## **Other Resources**

In addition to support groups, there are a number of other resources available to help you on your journey of healing.

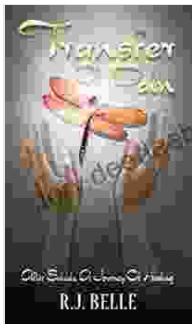
- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Samaritans: 1-877-870-HOPE (4673)

You can also find helpful information and resources online.

## **Getting Help**

If you are grieving the loss of a loved one to suicide, it is important to seek professional help. A therapist can help you to understand the grieving process, develop coping mechanisms, and find support.

There is hope after suicide. With time and support, you can heal and rebuild your life.

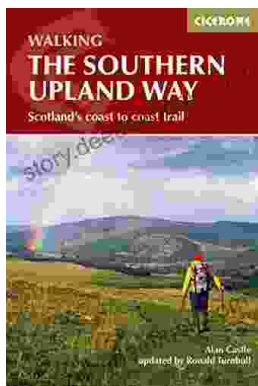


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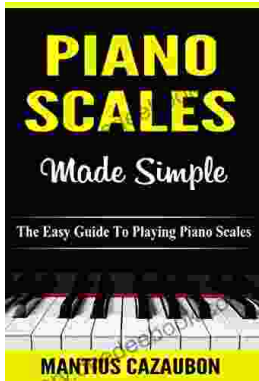
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