

# WHERE'S THE HELP?



## For Those Living with Grief from Suicide Death(s)

*"I believe I'm here for a reason" she said, "and I think the reason is to throw little torches out to the next step to lead people through the dark. When you're kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire. Each person helping someone else who helps someone else, and so on. I'm afraid that I'm going to wake up one day, and the wind will be so strong that no torch can bear up to it. I think that's my biggest fear – that I won't be strong enough to keep throwing the torches. But I know I'll keep trying." - Whoopi Goldberg, Parade Magazine 11/4/92*

## **Words Save Lives** knows that experiences and the meaning one makes of them are unique to that individual.

We recognize that available resources to help people live the lives they deserve and are glad to live vary from community to community. We also know that people have many different types of experiences with suicide. These may include grief after the death by suicide of people we love and/or admire; living with our own suicide thoughts, attempts, and/or self-harm; trying our best to support loved one(s) who are struggling with suicide; and working in paid or volunteer roles as a helper for people with experiences of suicide.

Our beliefs about what helps us live well is based on the ["Safety Plan" developed by Barbara Stanley and Gregory Brown](#). See our Resources for Individuals page for a step by step safety plan.

SUICIDE IS A LEADING CAUSE OF DEATH IN THE UNITED STATES, WITH 45,979 DEATHS IN 2020. <sup>1</sup>

## FOR THOSE LIVING WITH GRIEF

Suicide deaths represent so much pain. This is true for the person whose life was unlivable and for those who love and/or looked up to that person. Grief brings up so much, and grief from suicide deaths is complicated by attitudes about suicide that we experience from others or that we may have internalized. Grief is not an illness to cure or something to "get past." Grief, like birth, is a natural part of life.

We can learn to live well even while carrying our love and grief for people who have died. Learning from others with suicide grief by reading their stories, sharing conversations, and participating in support groups is so helpful. These experiences can help one build hope for being able to "live again," even with this person's death.

## SUPPORTS

### [American Foundation for Suicide Prevention](#)

Online supports and local suicide grief support groups search.

### [Alliance of Hope](#)

Online support, helpful blogs, and more.

### [Coalition of Clinician Survivors](#)

Listserv and website resources for paid and volunteer supports.

<sup>1</sup> Retrieved August 7, 2022 from [cdc.gov/suicide/facts](https://www.cdc.gov/suicide/facts)