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POSTCARD POINTERS

Supporting youth
grieving a death by suicide



Suicide Grief

Supporting youth
grieving a death by suicide

For more
SUICIDE GRIEF
resources scan
here:



Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Explicitly communicate that suicide is not a 'taboo' topic. *"In this space we can talk about suicide openly and without judgment. We welcome all questions and feelings about your person and how they died. How does it feel to hear that?"*
- Consider peer support groups & grief camps, such as Camp Erin
- Recognize increased risk & potential warning signs. If needed, ask *"Do you have thoughts of self-harm, dying, or suicide?"*
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:

- Empty reassurances, such as "All things happen for a reason" or "It is going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all suicide grief is the same - let youth share personal experiences
- Stigmatizing terminology, such as "committed suicide" as suicide is not a crime.
- Making judgments about the person who died, "they were selfish, cowardly, etc."