When responding to youth impacted by suicide grief there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of bereavement support.

You are welcome to print the Suicide Grief postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

SUICIDE GRIEF

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."

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center: sarahbehm@elunanetwork.org
Download Postcard Pointers

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