



**STATE
OF MIND
SHARE YOURS**

BEREAVEMENT BY SUICIDE

PRACTICAL GUIDANCE

WWW.STATEOFMINDSPORT.ORG/SERVICES

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In addition to the help and guidance available in this document, the NHS publish a free booklet offering practical advice on all aspects of bereavement post suicide:

www.nhs.uk/Livewell/Suicide/Documents Help%20is%20at%20Hand.pdf



YOU ARE NOT ALONE... SUPPORT IS AT HAND

WHEN SOMEONE YOU LOVE OR CARE ABOUT HAS DIED IN CIRCUMSTANCES THOUGHT TO BE DUE TO SUICIDE...

it is usual to experience a complicated mix of emotions. Grief is as unique as you are and no two people will react in the same way.

It can also be very confusing as to how to handle the practical things following bereavement by suspected suicide - such as how you talk about this and how you answer sensitive questions.



COMMON TRUTHS

There are four main principles surrounding grief...

THERE IS NO RIGHT OR WRONG WAY AS TO HOW YOU SHOULD BE FEELING OR GRIEVING

EVERYONE HAS THE RIGHT TO GRIEVE IF THEY HAVE LOST SOMEONE THEY WERE CLOSE TO

ACCEPTING DEATH DUE TO SUICIDE CAN BE ESPECIALLY DIFFICULT, RESULTING IN YOU SEARCHING FOR ANSWERS, AND FEELINGS SUCH AS GUILT AND PERSONAL BLAME

GRIEF CAN ALSO BE COMPLICATED BY FEELINGS OF ANGER AND FEELINGS OF REJECTION

WHAT CAN HELP ME DEAL WITH MY GRIEF?

Even though you might be really struggling following your bereavement, people in the same situation as you have found the following things helpful:

DO'S

SHARE DO express your thoughts and feelings with people you feel comfortable with.	REMEMBER DO make opportunities to remember in a positive way, such as keeping photographs and small routines that were important to you both.	MEMORY BOX DO make a memory box with others who are experiencing grief to help share collective memories and personal stories.	WRITE DO put your thoughts and feelings on paper if it is difficult to talk to others.	
EXERCISE DO spend time outside; connecting with nature or doing exercise can help.	CONNECT DO connect with others with similar experiences through support groups.	LOOK AFTER DO look after yourself; take care with eating and getting enough sleep.	ACTIVITIES DO participate in activities that you enjoyed together and try to avoid isolation.	FIRST AID KIT DO develop an 'emotional first aid kit' including what makes you feel good, if feeling overwhelmed.

DON'TS

BE SILENT DON'T avoid talking to others about what has happened to you.	ISOLATE DON'T avoid others by staying in the house, not wanting to socialise.	DRINK DON'T drink excessively or take non-prescribed medication to ease feelings.	RUSH DON'T rush into making big decisions - give yourself time to heal and recover.
TAKE RISKS DON'T take risks with your own life, even if you feel like 'what's the point'?	REFUSE DON'T refuse help if it's offered, people might find it difficult to come forward so accept a helping hand.	SUFFER ALONE Don't suffer alone as it's not a sign of weakness to seek help from people who have experienced a loss such as yours and want to help others.	

WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

REMEMBER.. YOU ARE NEVER ALONE
TALK TO A MATE - RING THE HELPLINE - CHECK OUT THESE LINKS

Bereavement by suicide does not have to ruin your life - help is available.

If you have been struggling to come to terms with the death of someone you love or care for, following their death by actual or suspected suicide, call someone now. There are many organisations nationwide and locally that can help you professionally. These include:

Cruse Bereavement Support - Our volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now. Helpline **0808 808 1677** Open - Monday, Wednesday, Thursday, Friday – 9.30am – 5pm and Tuesday – 1pm – 8pm www.cruse.org.uk/

Survivors of Bereavement by Suicide (SOBS) offers support for those bereaved or affected by suicide through a helpline. Call for support **0300 111 5065**, the Support Line is open every day 9am-7pm. www.uk-sobs.org.uk

Winston's Wish offers bereavement support for adults supporting children and young people. Helpline: Call free on **08088 020 021** winstonswish.org/

Samaritans provides emotional support to anyone who is struggling to cope and needs someone to listen. Helpline: **116 123** / www.samaritans.org.uk



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