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Supporting Someone After Suicide Loss Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for people supporting someone who has been bereaved by suicide.

Everyone experiences grief differently. This workbook offers compassionate guidance but is not a substitute for professional mental health, bereavement or medical support.

If someone is at immediate risk of harm or you are concerned for their safety, contact your local emergency services or an appropriate crisis support service.

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Supporting Someone After Suicide Loss

PAGE 1 – Understanding Suicide Bereavement

Losing someone to suicide can bring a unique and deeply painful form of grief.

People may experience sadness, shock, guilt, anger, confusion or unanswered questions. These feelings can change from day to day and there is no "right" way to grieve.

Your role isn't to have all the answers.

Often, simply being present, listening without judgement and offering kindness can provide meaningful support.

♥ Someone who is grieving may experience...

- ☐ Shock
- ☐ Sadness
- ☐ Anger
- ☐ Guilt
- ☐ Confusion
- ☐ Numbness
- ☐ Loneliness
- ☐ Difficulty sleeping
- ☐ Difficulty concentrating
- ☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I be a supportive presence?

Remember

You don't need the perfect words.

Being present, listening with compassion and reminding someone they are not alone can mean more than trying to fix their pain.

Sometimes the greatest support is simply staying beside someone while they grieve.

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PAGE 2 – Being There Without Having the Answers

When someone is grieving after a suicide loss, it's natural to worry about saying the wrong thing.

The truth is, you don't need perfect words.

Being present, listening without judgement and showing genuine care are often the most meaningful ways to offer support.

Remember, your presence can be more powerful than your words.

Helpful ways to offer support

☐ Listen more than you speak.

☐ Allow them to cry.

☐ Accept periods of silence.

☐ Let them talk about their loved one if they want to.

☐ Acknowledge their feelings.

☐ Check in regularly.

☐ Be patient.

☐ Respect if they don't want to talk.

☐ Other:

Things I can say

☐ "I'm here for you."

☐ "You don't have to go through this alone."

☐ "I'm listening."

☐ "I'm thinking of you."

☐ "Take all the time you need."

☐ Other:

Things I should avoid saying

☐ "Everything happens for a reason."

☐ "They're in a better place."

☐ "You need to move on."

☐ "At least..."

☐ Comparing their grief to someone else's.

☐ Pressuring them to talk.

☐ Other:

♥ One way I can show support this week

♥ Remember

Grief doesn't need to be fixed.

It needs to be witnessed with compassion.

By simply being there, listening and reminding someone they are not alone, you can make a meaningful difference during one of the most difficult times in their life.

Sometimes the greatest gift you can offer is your presence.

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PAGE 3 – Understanding Grief

Grief after suicide is often complex and deeply personal.

A person may experience many different emotions, sometimes all in the same day. There is no right or wrong way to grieve, and there is no set timeline for healing.

Your role is not to rush the process but to offer patience, compassion and understanding.

♥ They may be feeling...

- ☐ Sadness
- ☐ Shock
- ☐ Anger
- ☐ Guilt
- ☐ Confusion
- ☐ Loneliness
- ☐ Numbness
- ☐ Relief
- ☐ Fear
- ☐ Anxiety
- ☐ Other:

♥ How can I support them through these emotions?

♥ What might they need from me today?

- ☐ Someone to listen.
- ☐ Quiet company.
- ☐ Practical help.
- ☐ Reassurance.
- ☐ Space if they ask for it.
- ☐ A phone call or message.
- ☐ Help with everyday tasks.
- ☐ Other:

♥ One thing I can do today to show I care

♥ Remember

Grief isn't something to "get over."

It's something people learn to carry with time, support and compassion.

By standing beside someone without judgement, you remind them they don't have to face their grief alone.

You don't need to take away their pain—just let them know they don't have to carry it by themselves.

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PAGE 4 – Offering Practical Support

After a suicide loss, everyday tasks can feel overwhelming.

Simple acts of practical support can reduce stress and remind someone that they are not facing everything alone.

You don't need grand gestures—small, thoughtful actions can make a meaningful difference.

 Practical ways I can help

- ☐ Prepare or deliver a meal.
- ☐ Help with shopping.
- ☐ Offer transport to appointments.
- ☐ Help with childcare.
- ☐ Walk their dog or care for pets.
- ☐ Help with household chores.
- ☐ Offer to make a phone call for them.

☐ Sit with them, even in silence.

☐ Other:

 Things they may be finding difficult

 One practical thing I can do this week

 How can I continue supporting them after the first few weeks?

☐ Check in regularly.

☐ Remember important dates.

☐ Invite them for a walk or coffee.

☐ Continue offering practical help.

☐ Let them know I'm thinking of them.

☐ Be patient with their grief.

☐ Other:

♥ Remember

Support doesn't end after the funeral or the first few weeks.

Many people find the months that follow are when they need support the most.

Your continued kindness, patience and presence can remind someone that they are not alone, even as life begins to move on around them.

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PAGE 5 – Looking After Their Emotional Wellbeing

Grief after suicide can affect every part of a person's life.

Some days they may want to talk. Other days they may prefer silence or time alone.

There is no right way to grieve. By being patient and accepting their emotions without judgement, you can help them feel safe and supported.

♥ How can I support their emotional wellbeing?

☐ Listen without trying to fix things.

- ☐ Accept their feelings.
- ☐ Let them talk about their loved one.
- ☐ Respect if they don't want to talk.
- ☐ Check in regularly.
- ☐ Reassure them they are not alone.
- ☐ Encourage self-care.
- ☐ Be patient.
- ☐ Other:

Things that may help them

- ☐ Going for a walk.
- ☐ Spending time with trusted people.
- ☐ Looking through photographs.
- ☐ Writing in a journal.
- ☐ Attending a support group.
- ☐ Taking time to rest.
- ☐ Creating memories of their loved one.
- ☐ Other:

One thing I can do today to support them

♥ What have I learned about the way they grieve?

♥ Remember

Grief has no timetable.

Some days will feel heavier than others, and that's completely normal.

Your patience, compassion and willingness to simply be there can provide comfort during even the darkest moments.

You don't have to take away someone's grief—you only need to remind them they don't have to face it alone.

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PAGE 6 – Looking After Yourself as a Supporter

Supporting someone after a suicide loss can be emotionally challenging.

You may experience sadness, helplessness, worry or even grief yourself.

Looking after your own wellbeing is not selfish—it helps you continue offering compassionate and consistent support.

Remember, you deserve support too.

♥ How am I feeling today?

- ☐ Calm
- ☐ Sad
- ☐ Worried
- ☐ Tired
- ☐ Overwhelmed
- ☐ Frustrated
- ☐ Hopeful
- ☐ Emotionally drained
- ☐ Other:

♥ This week I will...

- ☐ Take regular breaks.
- ☐ Talk to someone I trust.

- ☐ Spend time outdoors.
- ☐ Get enough sleep.
- ☐ Eat regular meals.
- ☐ Do something I enjoy.
- ☐ Accept support if I need it.
- ☐ Practice self-care.
- ☐ Other:

♥ People who support me

1.

2.

3.

♥ One thing I will do for myself this week

Remember

Supporting someone through grief doesn't mean carrying their pain alone.

Taking care of yourself allows you to remain present, patient and compassionate.

You cannot pour from an empty cup. Looking after yourself is an important part of supporting someone else.

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PAGE 7 – Helping Them Remember Their Loved One

For many people, talking about the person who died is an important part of grieving.

Although you may worry about bringing up their loved one, many bereaved people find comfort in knowing that the person hasn't been forgotten.

Remember, it's okay to speak their name if the person grieving is comfortable with it.

Ways I can help keep their memory alive

- ☐ Listen to stories about them.
- ☐ Look through photographs together.
- ☐ Remember birthdays or anniversaries.
- ☐ Visit a meaningful place.

- ☐ Light a candle in their memory.
- ☐ Encourage them to share happy memories.
- ☐ Simply say their loved one's name.
- ☐ Other:

 A favourite memory they have shared

 How can I acknowledge important dates?

- ☐ Send a thoughtful message.
- ☐ Make a phone call.
- ☐ Spend time together.
- ☐ Offer practical support.
- ☐ Remember anniversaries.
- ☐ Other:

♥ One way I can show they are not alone

♥ Remember

Grief doesn't end after the first few weeks or months.

Many people worry that others will forget their loved one.

Simply remembering, listening and acknowledging their loss can bring comfort.

Sometimes the greatest gift is letting someone know that their loved one is still remembered and that they don't have to grieve alone.

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PAGE 8 – Encouraging Hope and Healing

Healing after a suicide loss doesn't mean forgetting the person who died.

It means learning to carry the loss while slowly rebuilding life, one day at a time.

Everyone heals differently, and there is no timeline for grief. Your role is to offer hope without rushing the process.

♥ Ways I can encourage hope

- ☐ Remind them they don't have to face this alone.
- ☐ Celebrate small steps forward.
- ☐ Encourage gentle self-care.
- ☐ Be patient with difficult days.
- ☐ Offer practical support.
- ☐ Keep checking in.
- ☐ Remind them it's okay to ask for help.
- ☐ Other:

♥ Signs they may be beginning to heal

- ☐ They talk more openly.
- ☐ They begin returning to activities they enjoy.
- ☐ They laugh or smile again.
- ☐ They accept support from others.
- ☐ They begin making future plans.
- ☐ They feel able to remember positive memories.
- ☐ Other:

♥ One way I can continue supporting them

♥ A message of hope I want them to remember

♥ Remember

Healing doesn't mean leaving someone behind.

It means finding a way to carry their memory with love while continuing to live your own life.

Your continued kindness, patience and support can help remind someone that hope still exists, even after unimaginable loss.

Healing happens one day, one conversation and one small step at a time.

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PAGE 9 – My Support Plan

Supporting someone after a suicide loss is about being present, compassionate and patient.

You don't need to have all the answers. Your willingness to listen, remember and continue showing up can make a meaningful difference.

This plan can help you think about the practical and emotional ways you can offer ongoing support.

♥ What helps them feel supported?

- ☐ Someone to listen.
- ☐ Regular check-ins.
- ☐ Practical help.
- ☐ Time together.
- ☐ Quiet company.
- ☐ Remembering their loved one.
- ☐ Encouragement without pressure.
- ☐ Respect for their grieving process.
- ☐ Other:

♥ My Three Priorities

1.

2.

3.

♥ People and Services That Can Support Them

1.

2.

3.

♥ My Personal Reminder

When supporting someone after a suicide loss, I want to remember...

Remember

Grief after suicide can last a long time, and support is often needed well beyond the first weeks or months.

By continuing to show kindness, patience and compassion, you remind someone that they don't have to face their grief alone.

Sometimes the most powerful support is simply continuing to be there.

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PAGE 10 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone after a suicide loss takes compassion, patience and courage.

You cannot take away their grief, but you can remind them they are not alone. Your kindness, your willingness to listen and your continued presence can make a lasting difference during one of the hardest times in a person's life.

Remember, healing is a journey, and simply walking beside someone can be one of the greatest gifts you can give.

I Will Remember To...

☐ Listen without judgement.

☒ Be patient with their grief.

- ☐ Check in regularly.
- ☐ Respect their emotions.
- ☐ Remember important dates and anniversaries.
- ☐ Encourage them to seek support if they need it.
- ☐ Continue showing kindness long after others have moved on.
- ☐ Look after my own wellbeing too.

My Personal Reminder

When supporting someone after a suicide loss, I want to remember...

My Support Promise

"I will offer my support with kindness, patience and compassion. I will listen without judgement, respect each person's unique journey through grief and remind them that they do not have to face their loss alone. I will continue to care, even when the hardest days are no longer visible to others."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

There is no perfect way to support someone after a suicide loss.

Your presence, your compassion and your willingness to simply be there can help someone feel less alone as they navigate their grief.

Thank you for taking the time to learn how to support someone through one of life's most difficult experiences.

Explore more free workbooks, resources and wellbeing tools at:

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 Supporting people, families, carers and communities with compassion, hope and understanding.