

# Touched By Suicide: Hope and Healing After Loss



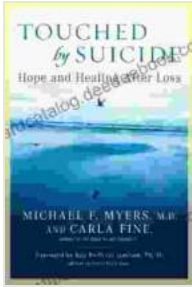
Suicide is a devastating event that can leave those left behind feeling lost, alone, and broken. But there is hope. There are people who have been through similar experiences and who want to help you heal.

## Touched by Suicide: Hope and Healing After Loss

by Michael F. Myers

★★★★☆ 4.7 out of 5

Language : English



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 324 pages



This article will provide you with information about suicide, its impact on those left behind, and the resources available to help you cope with your loss.

## **What is Suicide?**

Suicide is the act of intentionally ending one's own life. It is a complex issue with no single cause. However, there are a number of factors that can contribute to suicide, including:

\* Mental illness, such as depression, bipolar disorder, and schizophrenia \*  
Substance abuse \* Physical illness \* Financial problems \* Relationship  
problems \* Loss of a loved one \* Bullying \* Trauma

Suicide is a preventable death. If you are struggling with suicidal thoughts, please reach out for help. There are many resources available to help you get through this difficult time.

## **The Impact of Suicide on Those Left Behind**

Suicide has a profound impact on those left behind. Loved ones may experience a range of emotions, including:

\* Shock and disbelief \* Anger \* Guilt \* Shame \* Isolation \* Depression \*  
Suicidal thoughts

Those left behind may also struggle with:

\* Making sense of the suicide \* Dealing with the stigma associated with  
suicide \* Finding support \* Moving on with their lives

## **Resources for Healing After Suicide**

There are many resources available to help those who have been affected by suicide. These resources can provide support, information, and guidance on the healing process.

Some of the resources available include:

\* Support groups \* Counseling \* Therapy \* Hotlines \* Online resources

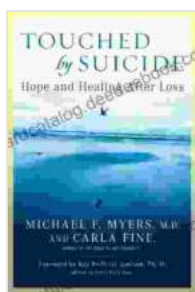
If you have been affected by suicide, please reach out for help. You are not alone. There are people who care about you and want to help you heal.

## **Healing from Suicide**

Healing from suicide is a process that takes time and effort. There is no one right way to heal, and everyone grieves in their own way. However, there are some things that can help you on your journey to healing:

\* Allow yourself to grieve. It is important to allow yourself to feel all of the emotions that come with losing a loved one to suicide. Don't try to suppress your emotions or pretend that you are over it. \* Talk about your loss. Talking about your loss can help you to process your emotions and begin to heal.

Talk to friends, family, counselors, or anyone else who is willing to listen. \* Find support. There are many resources available to help you cope with your loss. These resources can provide support, information, and guidance on the healing process. \* Take care of yourself. It is important to take care of yourself both physically and emotionally. Eat healthy, get enough sleep, and exercise regularly. Avoid alcohol and drugs, and don't isolate yourself from others. \* Find meaning in your loss. Losing a loved one to suicide can be a traumatic experience. However, it is possible to find meaning in your loss.



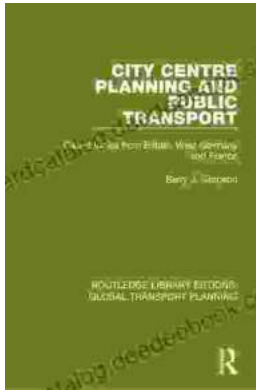
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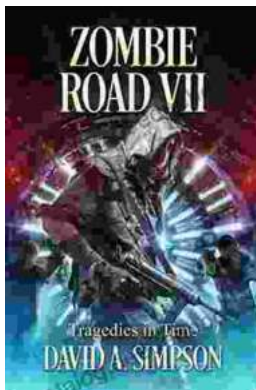
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