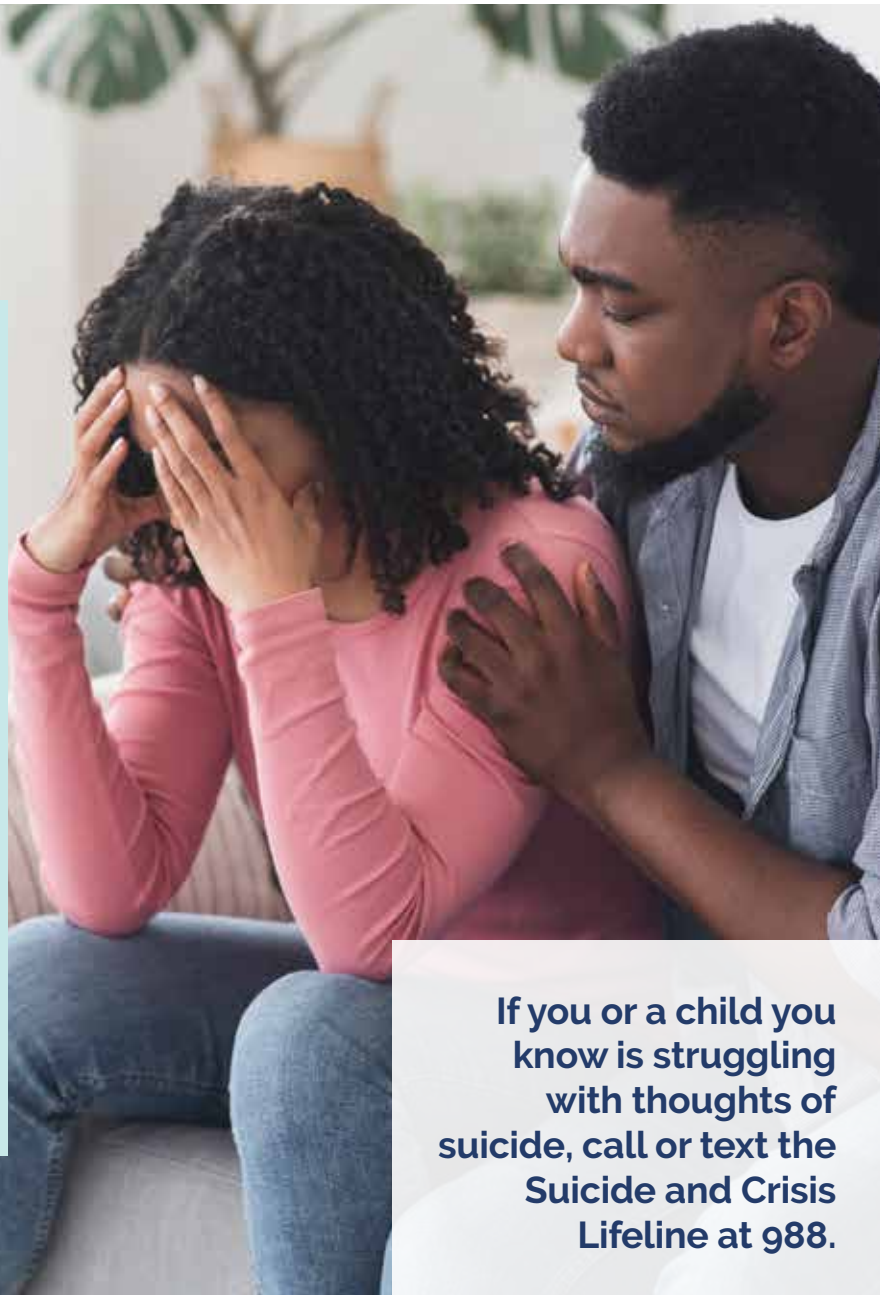


Helping Young People Cope and Heal After a Suicide Loss

When your child loses a loved one to suicide, it can feel overwhelming for both of you. You're likely facing your own grief while trying to support your child through theirs. Your care and patience can make a big difference in helping them heal. Remember, everyone grieves differently and at their own pace.



If you or a child you know is struggling with thoughts of suicide, call or text the Suicide and Crisis Lifeline at 988.

Creating a Space for Healing

Allowing your child to know they are able to heal in their own way and at their own pace will help with the process. Ways you can help include:

Listen Without Judgment

- ✓ Avoid giving advice or making judgments about your child's feelings.
- ✓ Simply listen and repeat back what they share to show you understand.
- ✓ This builds trust and encourages them to come to you when they need support.

Create Routine and Stability

- ✓ Keep daily routines like meals, homework, and bedtime as consistent as possible.
- ✓ Flexibility is okay, but structure provides comfort during uncertain times.

Make Time for Fun and Relaxation

- ✓ Balance the seriousness of grief with moments of joy.
- ✓ If you're too overwhelmed, ask a friend or family member to help provide those breaks.
- ✓ Let your child see that it's okay to smile and enjoy life again

Let Them Have a Say

- ✓ Allow your child to make choices, like what to wear or how to remember their loved one.
- ✓ Ensure your child has a positive support team who are not encouraging high-risk behaviors but instead encouraging positive and safe coping skills.

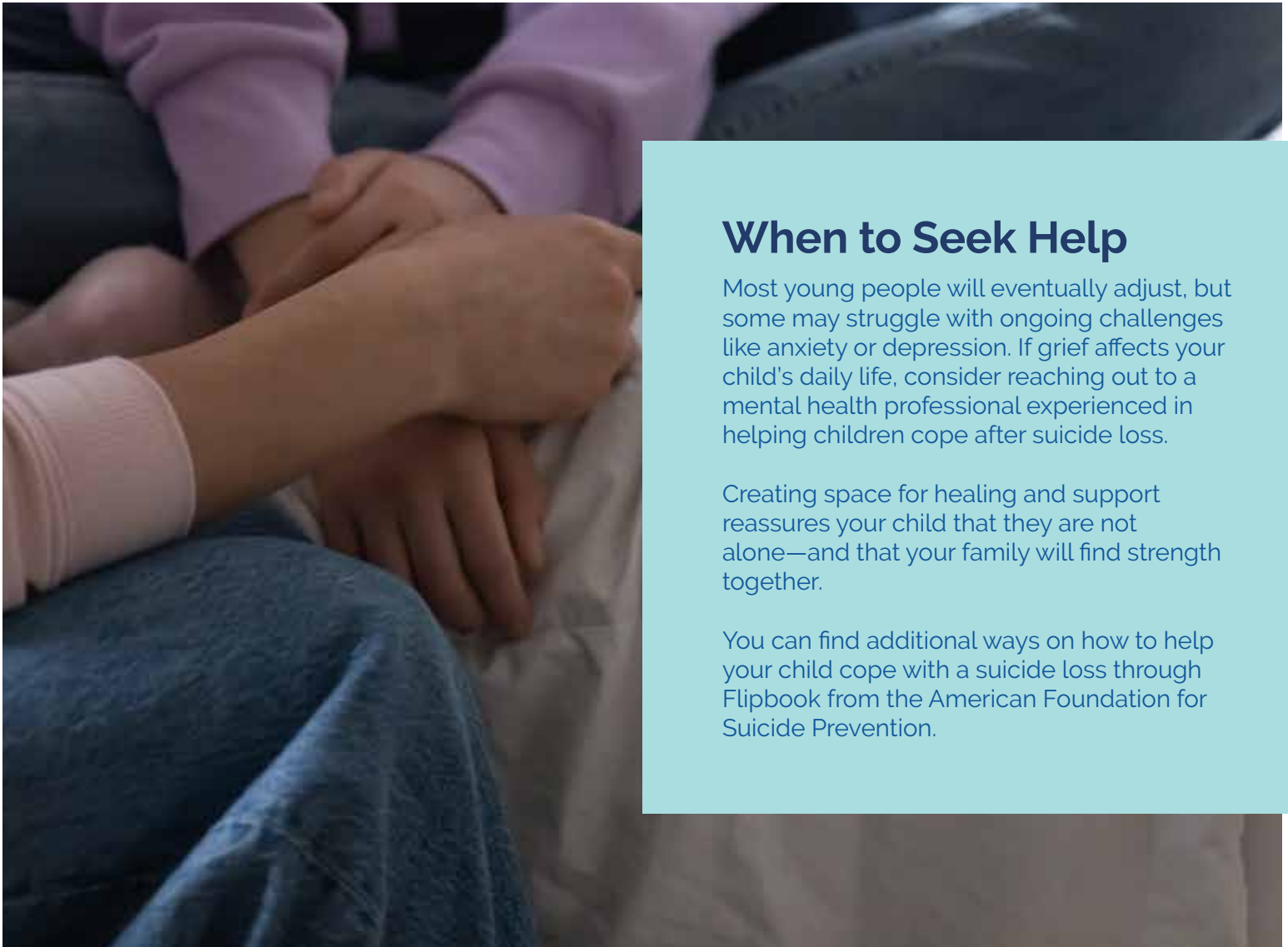
Remember and Celebrate Their Loved One

- ✓ Acknowledge significant dates like birthdays or holidays in meaningful ways.
- ✓ Involve your child in these activities without pressure—whether it's a gravesite visit, lighting a candle, or sharing memories.
- ✓ Encourage talking about the person and keeping special mementos.

Build a Positive Support Team

- ✓ Surround your child with people who model healthy coping behaviors.
- ✓ Encourage safe and positive ways to express feelings.

Resources: American Foundation for Suicide Prevention, The Dougy Center



When to Seek Help

Most young people will eventually adjust, but some may struggle with ongoing challenges like anxiety or depression. If grief affects your child's daily life, consider reaching out to a mental health professional experienced in helping children cope after suicide loss.

Creating space for healing and support reassures your child that they are not alone—and that your family will find strength together.

You can find additional ways on how to help your child cope with a suicide loss through Flipbook from the American Foundation for Suicide Prevention.