



10 Things We Know About Suicide Loss, Postvention, and Prevention

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MEMORIAL



Topic Presenter and Moderator

Presenter



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Moderator



Raylene Moore, MA

Support

Talking about suicide prevention and postvention efforts and details might elicit or evoke difficult thoughts, feelings or emotional responses, even for providers and professionals.

If you need support, help is available.

If you, or someone you know may be considering suicide, please seek immediate help by:

- 1) Speaking to your doctor or provider
- 2) Calling the National Suicide Prevention Lifeline at 988
- 3) Texting the Crisis Text Line with: HOME to 741741
- 4) Visiting the nearest emergency room or hospital
- 5) Calling 911 for immediate, emergency medical response

National Suicide Prevention Lifeline: 988 or Text the Crisis Text Line at 741741

10 Things We Know To Be True: Surviving Suicide Loss

Whether in the early days after loss or years later, we grow through shared experiences with other survivors, and knowledge and perspectives gained from experts and facilitators at TAPS events. We remember and internalize the advice and guidance that resonates with us and what offers us hope to make it through each day. Now we'd like to share them with you.

Video 1: You are not alone



1. You are not alone

- Grief can feel isolating, but you don't have to walk this journey alone.
- We have been down the road you're traveling, and we're here for you.



Video 2: You will not always feel this much pain



2. You will not always feel this much pain

- As time passes and with postvention support and care, the hurt you feel now can evolve and change.
- The intense, all consuming emotional pain will not always feel like it does right now and can ease and soften with grief work and passing of time.



Video 3: Most people who die by suicide do not want to die; they want their pain to end.



3. Most people who die by suicide do not want to die; they want to end the pain and cannot see any other option

- Whatever pain brought our loved ones to end their lives, it inhibited them from thinking clearly and from fully comprehending the heartbreak their suicides would cause.
- Can be helpful to gain a deeper understanding about suicide.



Video 4: It's not your fault.



4. It's not your fault

- Suicide is rarely the result of a singular issue, interaction, conversation, or contributor.
- It usually involves multiple, complex factors that culminate in a devastating event.



Video 5: You cannot prevent what you cannot predict



5. You cannot prevent what you cannot predict

- There is no way to have known exactly what would have happen at a precise moment in time.
- We cannot control the thoughts or actions of others.



Video 6: Eventually the questions will cease to be so encompassing.



6. Eventually, the questions will ease from being so all encompassing

- “Why?” “What if?” Most of us who have experienced sudden loss wrestle with endless questions.
- This is normal, and over time, can help process our thoughts so that we can eventually find healing and understanding.



Video 7: What you tell yourself matters



7. What you tell yourself matters



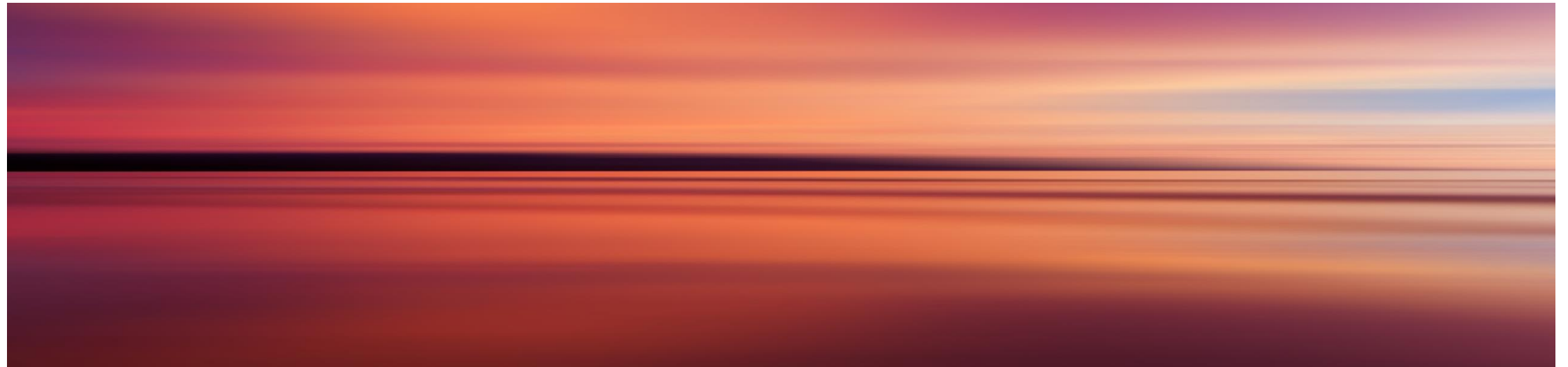
- How you talk to yourself about what happened can shape the experience of your grief journey.
- You deserve to be supported and to create your story in going forward that best helps you heal on a hopeful path towards your future.

Video 8: Suicide is not a reflection of love



8. Suicide is not a reflection of love

- People who die by suicide are in pain and often believed they are a burden.
- They may have thought that others would be better off without them.
- We know this to be untrue, but our loved ones likely could not see clearly through the fog of their emotional pain.



Video 9: How you cope with this is up to you



9. How you cope with this is up to you

- You didn't choose for this to happen to you, but you do get to decide how to respond to it.
- You have control in how you choose to heal.



Video 10: Love never ends



10. Love never ends

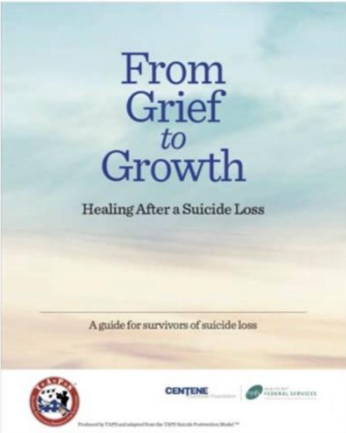
- When your loved one died, the love didn't just stop.
- Your relationship with them can continue.
- You can keep the positive memories alive in your own life and actions.



Thank You!

Questions and Discussion

TAPS Suicide Support Resources



TAPS Guidebook: Healing After A Suicide Loss



taps.org/suicide/2021/guidebook

TAPS Suicide Prevention & Postvention Programs



taps.org/suicide

Connect Survivors to TAPS



To learn more or to connect survivors,
contact us 24/7 at:

800.959.TAPS(8277)
TAPS.org/JoinTAPS



Upcoming TAPS Institute Programs

September 26



WEBINAR: GRIEVING A MILITARY SUICIDE LOSS - PREVENTION THROUGH THE EYES OF SURVIVORS OF LOSS

This presentation will discuss perspectives from Suicide Loss Survivors about their bereavement experience and how being involved in suicide prevention advocacy can be a hopeful part of one's grief journey. TAPS Senior Director of Suicide Prevention & Postvention programs, Dr. Carla Stumpf Patton will lead this panel discussion along with TAPS loss survivors who openly share stories how suicide has impacted their lives, helpful coping strategies and resources, and understand prevention efforts through the lens of suicide loss survivors.

**September 26 -
October 31**



ONLINE WORKSHOP SERIES: CREATING OUR BELONGING

Whether you're looking for comfort after losing a loved one or a relationship, wanting to learn additional ways to cope and deal with the grief in your life, or searching to see where you belong is often difficult.

This workshop will provide participants the opportunity to explore belonging and integrating within our communities (family, community, and work), while grieving your loved one.

Visit taps.org/institute to learn more and RSVP!

About the TAPS Institute for Hope and Healing®

Launched in March 2018, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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