

Dear Survivor,

We are so sorry for your loss and grieve with you at the passing of your loved one. This information was prepared in the hope that it will bring you comfort, clarity, peace and healing. You are now a “survivor” or what is called a “survivor of suicide loss” and you are not alone.

Most survivors find the loss of a loved one to suicide the most intense and difficult experience of their lives. It doesn’t make sense and you may feel a lot of emotions – including shock and disbelief. Know that others have walked this difficult path before you and understand what you are going through right now. Reach out to those who have survived a suicide loss. Move forward step by step at your own pace and do not allow anyone to rush or criticize your grieving process. You are not alone.

Suicide loss survivor groups in Idaho are playing vital roles today in helping survivors of loss begin healing. Facilitators (group leaders) often respond early to families and close friends after a suicide and can provide invaluable information. For group meetings, go to <https://afsp.org/find-support/ive-lost-someone/find-a-support-group/> for more information on survivor groups. Additional support can be found through Healing Conversations, an AFST survivor support program. This program gives a person who has lost someone to suicide the opportunity to talk with experienced volunteers who can offer understanding and guidance in the weeks and months following a suicide death. <https://afsp.org/find-support/ive-lost-someone/healing-conversations/>

What we knew as “normal” never returns but we eventually realize that we can find meaning and happiness in our lives. We learn that sadness and joy can exist together and are not mutually exclusive.

Know that there are those who are silently caring,

Carmen Stanger-Barney, survivor of the loss of her daughter  
Brandi Daw, survivor of the loss of her brother  
Jeni Griffin, survivor of the loss of her son and nephew  
Kirby Orme, survivor of the loss of his daughter and son  
Catherine Perusse, survivor of the loss of her two sons  
Karen Petit, survivor of loss of her brother  
Mary Pierce, survivor of loss of her brother  
Stewart Wilder, survivor of loss of his son