QPR SUICIDE PREVENTION TRAINING
Learn how you can help.

Register for our next Public QPR Training online at:
www.tooelecit.org
To schedule a class for your group or organization:
(435) 843-2188

Ask a question
Save a Life!

WITH
Help
COMES
Hope

LOCAL RESOURCES

- Emergency: 911
- Non-Emergency Crisis: (435) 882-5600
- National Suicide Prevention Hotline:
  (800) 273-TALK (8255)
- Valley Behavioral Health of Tooele:
  Adults: (435) 843-3520
  Children: (435) 566-5927
- Life’s Worth Living Foundation:
  Suicide Loss, Grief, Support and Prevention
  www.lifesworthlivingfoundation.com
  (435) 248-LIVE (5483)
- Mountain West Medical Center
  Emergency Room: (435) 843-3601
- Salt Lake Behavioral Health:
  (801) 264-6000
- University of Utah Neuropsychiatric Unit:
  (801) 583-2000
- NAMI of Tooele: (435) 841-9903

QPR QUESTION
PERSUADE • REFER

TOOELE COUNTY 2015
**You Are Not Alone**

Each year in the United States, 3 million people lose a family member to suicide. These survivors of suicide loss are trying to cope with the grief and heart wrenching emotions surrounding this loss, just like you.

Powerful emotions are often a part of the grief process for survivors of suicide loss. For example:

**Shock:** Disbelief, disorientation or emotional numbness are expected.

**Anger:** This emotion may be directed towards your loved one, yourself, or others.

**Guilt:** You might replay “what if” and “if only” scenarios in your mind.

**Despair/Depression:** It is very common to feel sadness, loneliness or helplessness. You might have disturbed sleep or appetite, or even consider suicide yourself.

**Relief:** Often a sense of relief is felt especially if the suicide followed a long period of suffering or mental illness.

You might continue to experience intense reactions during the weeks and months after your loved one’s suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide. The aftermath of a loved one’s suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

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**After a Loss**

**Keep in Touch.** Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who will simply offer a shoulder to lean on when you would rather be silent.

**Grieve in Your Own Way.** Do what’s right for you, even if it’s not necessarily right for someone else. For example, if you find it too painful to visit your loved one’s grave site or share the details of your loved one’s death, wait until you’re ready.

**Be Prepared for Painful Reminders.** Anniversaries, holidays and other special occasions can be painful reminders of your loved one’s suicide. Don’t criticize yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue or start new family traditions that promote hope and healing.

**Don’t Rush Yourself.** Losing someone to suicide is a tremendous blow and healing must occur at its own pace. Don’t be hurried by anyone else’s expectations that it’s been “long enough.”

**Expect Setbacks.** Some days will be better than others, even years after the suicide — and that’s okay. Healing doesn’t often happen in a straight line.

**Consider a Support Group for Families Affected by Suicide.** Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength. There are community agencies and supports available for you and your loved one. *(See resource section)*

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**After an Attempt**

**Consider Creating a Safety Plan.** Safety Plans help individuals prevent and prepare for a suicidal crisis by writing down the following information:

- **“Triggers”** of suicidal thoughts and warning signs
- **Coping Strategies** that can be done when alone
- **Distractions** including people and social settings
- **Individuals** and professionals that can be called for help
- **Precautions** to make the environment safe
- **The One Thing** that is most important to live for: be it a person, responsibility, or life goal

**Remove Access to Lethal Means.** During a suicidal crisis, it is extremely important to create a safe environment at home.

If at all possible, remove all firearms and bullets from the home by asking a friend or relative to temporarily store them. Police stations, storage facilities, or gun retailers will often provide storage as well. If that is impossible, take extra safety precautions by changing the combination to your safe or storing the bullets separately, etc.

**Do Your Best to Avoid Leaving the Person Alone Until the Crisis Has Passed.**

**If They Are Threatening** or making plans for another attempt, take them immediately to a Psychiatric facility or emergency rooms. If suicide attempt is eminent don’t hesitate to call 911.

**Get Follow-up Help for Your Loved One.** There are community agencies and supports available for you and your loved one. *(See resource section)*

*Contents adapted from Mayo Clinic Staff, 2014*