

# Social Media Following a Suicide Loss in the Community




The information and posts contained in this toolkit are intended for use by organizations and individuals seeking ways to communicate support, resources, and hope after a death by suicide in their community. The suggested text and/or images can be used on social media, in emails, newsletters, or other communications. The Post-Loss Community Handout on the [Never a Bother website](#) can be used in conjunction with these posts, or as a standalone tool.


Additional resources for loss survivors are below. Consider exploring these resources as part of your post-loss response and including them in communications to the extent they resonate with your situation and community.

- **American Foundation for Suicide Prevention** offers resources on their [Living with Suicide Loss](#) webpage, including a [Children, Teens, and Suicide Loss](#) booklet and a [Directory of local support programs](#). (AFSP also contributed to the images within this toolkit.)
- **Friends for Survival** is an organization dedicated to supporting those grieving a suicide death. They offer monthly support meetings, speakers that are available for workplaces and agencies impacted by a suicide death, and a free Suicide Loss Helpline: 1-800-646-7322.
- **The 988 Suicide and Crisis Lifeline** can not only be used for those struggling after losing someone to suicide, but they also offer assistance connecting to a support group and [guidance on providing support to someone who lost a loved one to suicide](#).

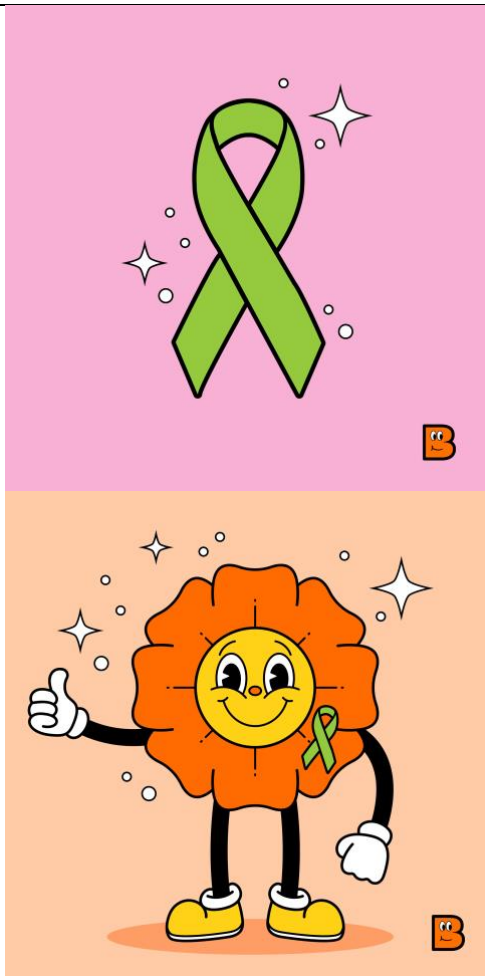
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Post Purpose	Graphic	Caption Suggestions
<b>Immediate Loss</b> (when death by suicide is confirmed)		<p>We are deeply saddened to learn about [insert name] death by suicide. Our condolences are with [insert's family and community] at this time. Many people who have lost someone to suicide are helped by connecting with others who have been through this experience. You can find a support group in your area (or online) through the American Foundation for Suicide Prevention <a href="https://afsp.org/">https://afsp.org/</a>. If you are worried about yourself or a friend, you can also call or text 988 to reach the Suicide &amp; Crisis Lifeline (24/7).</p>
<b>Immediate Loss</b> (when death by suicide is not confirmed)		<p>During times of grief, we often search for answers and try to understand how something like this can happen. There has been talk that this may have been a suicide death. The reality is that while we do not have all the answers, what we can do right now is support one another. Talking with someone about how you are feeling can help you feel less alone. And if you or someone you know is hurting a lot, please reach out to a trusted adult. You can also call or text 988 to reach the Suicide &amp; Crisis Line (24/7).</p>
<b>How to Help Someone Else</b>		<p>It can be hard to know what to say when someone is hurting. The important thing is not to stay silent. Make sure your friends know they are never a bother and you are there to listen.</p> <p>Read about how to support a friend or someone you are worried about at <a href="https://NeveraBother.org">NeveraBother.org</a>.</p>

<p><b>What to Say to a Loss Survivor</b></p>		<p>A lot of people in our community are hurting right now. Finding the words to help can seem tough when the loss is so big.</p> <p>You can't erase their pain, but you can help them feel less alone. Ask them to talk about the person who died or share some memories. Be there to listen so they know they are not alone.</p>
<p><b>Finding Suicide Loss Support Resources</b></p>		<p>Losing someone you care about to suicide is one of the most painful losses a person can experience. Many people find it helpful to connect with others that have been through it.</p> <p>Find out more about support for suicide loss at <a href="https://www.friendsforsurvival.org">FriendsforSurvival.org</a>.</p> <p>PC: @comicbookart</p>
<p><b>Reasons for Hope</b></p>		<p>It can be weird to say but sometimes we need help remembering our reasons for living and what fills us with hope. Make a list of what brings you joy or anchors you when life is tough. It can be a simple thing like petting your dog or listening to music, or a person. If you can't think of something, ask a friend to brainstorm with you and maybe it will get you thinking. Remember, we can get better, together!</p> <p>NeveraBother.org</p>

## Understanding Mental Health



Learning about mental health is as important as learning about how to keep your body healthy. It may not seem like it but pretty much everybody has experienced a mental health challenge at some point.

Listen to real stories from young people who have had struggles and how they found help at [NeveraBother.org](http://NeveraBother.org)

If you are between the ages of 13 and 24 in California visit [www.solunaapp.org](http://www.solunaapp.org) to chat 1 on 1 with a professional mental health coach (free of charge).


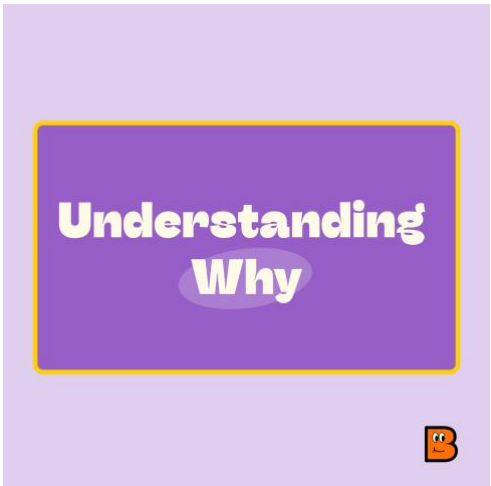

## Reaching Out When Others Are Hurting





Sometimes when everyone around you is also going through a hard time, you might not feel like you can add to their burden by talking about your own feelings. But the people around you would want to know if you're hurting.

It's OK to talk about your own pain. No matter what is going on around you, you are Never a Bother.

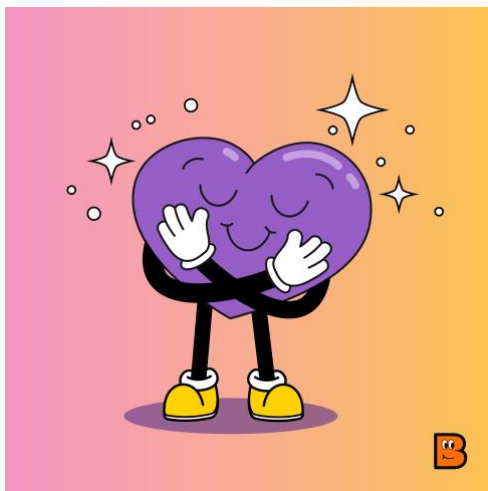
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<p><b>Helping Others As Self-Help</b></p>		<p>Did you know that helping others is one of the best ways to feel better yourself? Helping others takes our mind off our own problems for a while and even stimulates changes in the brain that are linked with happiness and joy.</p> <p>Helping others can be a seemingly simple things like sitting with someone who's eating lunch alone at school, or more involved like volunteering in the community such as a senior center or an animal shelter.</p>
<p><b>Understanding Why</b></p>		<p>When someone dies by suicide most people struggle to understand why. And the truth is we may never understand the why, but it can help to know that suicide is complex and almost never caused by any one event. Those who die are usually seeking to end unbearable psychological pain that may have been apparent or hidden and not shared. A point was reached where the pain was greater than the person's resources to tolerate it or to see other solutions. The most important thing to know is you are not to blame. Connecting with others who have experienced a similar loss can help.</p> <p>{Include information about suicide survivor support groups}</p>
<p><b>Dealing With Guilt</b></p>		<p>If someone you know died by suicide, you may not even have been aware that they were struggling. Sometimes people who are thinking about suicide work hard to hide it. Even if offered help sometimes they are not able to endure the emotional pain they are experiencing. Whether you have lost someone or you are in pain yourself, you are not alone. It can help to talk to someone who will listen or who has gone through similar experiences.</p>

		<p>{Link to local resources, warm lines such as Teen Line, Soluna App, or <a href="http://www.NeveraBother.org">www.NeveraBother.org</a>}</p> <p>PC: @comicbookart</p>
<b>Dealing With Grief</b>		<p>A loss to suicide is traumatic and comes with complicated feelings. It may at times feel impossible to get through the pain. Though we can never fully "get over" the loss of someone we care about, things will get better over time. Take small steps every day and you will keep moving forward.</p>
<b>When to Talk to a Professional</b>		<p>Sometimes we can take our mind off what is bothering us and start to feel better pretty easily, but sometimes it takes more. Feeling bad every day to the point where things you used to enjoy no longer interest you, or taking on unhealthy habits can be signs that it's time to talk to a trusted adult, like a parent, teacher, or your doctor, about how you're feeling. You are worth it and never a bother.</p> <p>{Link to local resources, Soluna App, or <a href="http://www.NeveraBother.org">www.NeveraBother.org</a>}</p>



## Self-Care



**Healing Comes First.** Caring for yourself is especially important during hard times.

Here are some things you can do to nurture your mental health.

- Connect with others
- Consider talking to a counselor, therapist, or trusted adult
- Take care of your body
- Do something that brings you comfort or joy