

When someone you know dies by suicide

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Common responses to another person's suicide

People respond to suicide in a range of ways. For some, it is a deeply traumatic experience.

Some typical grief reactions include:

- Intense feelings of sadness, anger, anxiety, disbelief, panic, irritability or numbness
- Feelings of failure
- Physical symptoms such as headaches, nausea or aches and pain
- Difficulties with concentration and focus
- Poor sleep
- Reduced appetite
- Withdrawing from others socially
- Not enjoying your usual activities or hobbies
- Increased drug or alcohol use
- Nightmares or intrusive thoughts
- Preoccupation with thoughts of the person who died, trying to make sense of the loss

Grief can be overwhelming and debilitating, especially immediately after the event. Grief generally lessens over time as you are able to process the loss and as you

