**Tips for suicide survivors**

**Living healthy**

Remember to eat, sleep, exercise, drink plenty of water, and breathe…. Just sit back a few times a day and take a deep breath.

**Your feelings**

Allow yourself to feel your feelings. Feelings are not “good” or “bad.” Acknowledge your feelings.

**Keep a journal**

Write your feelings, your dreams, and your memories. Keeping a journal is a great way to work out your emotions, and it allows you to look back later to see how far you’ve come.

**Talk, open up**

Allow yourself to talk about your loved one. Find a safe place to do just that. Whether you call a friend, speak with your pastor, or join a support group.

**Time to heal and recover**

Remember that you have suffered a great loss and a horrific trauma. Allow yourself the time you need to heal.  Also, remember individuals deal with loss in their own way, in their own time.

**Living in memory**

Find special ways to remember the memory of your loved one.

* Plant a tree,
* make a memory album,
* donate money in their name,
* light a candle on their birthday…

Do something that works for you

**What is suicide?**

Learn more about suicide. Read books, surf positive websites on the web, talk to other survivors. Learn the warning signs; decide on a plan of action with family members; stay in regular contact with a friend. If you are having thoughts of suicide, tell someone and find help. Stop the legacy of suicide in your family.

Survivors of suicide are in a high-risk group for taking their own lives. Learn the warning signs, decide on a plan of action with family members, make a pact with a friend….If you are having thoughts of suicide, tell someone and find help.

**Stop the legacy of suicide.**

**If you are feeling suicidal, please call**

**the Hopeline at 1-800-567-4673 or TEXT 741741**