

# ALLOWING YOURSELF TO HEAL AFTER LOSS BY SUICIDE

## A NIECE'S JOURNEY

Kayla's uncle Tim, 34, died by suicide in 2001

ADAPTED FROM THE BOOK,  
Grief Diaries: Surviving Loss by Suicide  
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## Self care articles for the bereaved

True stories from the award-winning Grief Diaries series



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## I WAS TOO YOUNG TO UNDERSTAND

My journey started at a young age when I had no understanding what pain and grief I would go through. I was at an age when I didn't have the slightest idea what suicide was, or why someone I loved would even dare to do it. It's been fourteen years of learning, coping, grieving, and healing. Some days it feels like yesterday, other days it feels like an eternity ago.

As much as it hurts to lose a loved one, don't let his or her death go without a greater purpose. Become an advocate for suicide prevention. Educate people, and be a helping hand for those who are going through the same thing you are. Trust me, it is helpful!

Take part in an Out of Darkness walk near you and raise money for the American Foundation for Suicide Prevention. Make something good come out of the worst thing that has ever happened to you. Remember that in most cases there is nothing you could have done to stop the suicide. Don't blame yourself; it only hurts you!

Take the time to allow yourself to heal, but also remember that even though your loved one left you, know that s/he loves you, and I misses you just as much as you miss them.



## WHEN DOES IT GET EASIER?

It never really gets better; it starts getting easier because you just learn to adapt and you learn how to live without him. It is never easy learning how to move on without your loved one, but if you never do it, you are the one who suffers and the one who lives with the pain. It is easier to allow yourself to heal, smile, laugh, remember, and—most important—keep living!

I know we have a pain thrown at us that seems unbearable, but in time it gets lighter and we are able to live our lives. Our loved ones would want us to keep living, experiencing, growing, and making new memories. Most important, always remember they are with us!