

PRACTICAL INFORMATION FOR IMMEDIATELY AFTER A LOSS

There can be a lot of questions and uncertainty about what to do after you lose someone to suicide, such as: Do the police have to get involved? What do I tell people about what happened? What do I need to know about planning the funeral?

The American Foundation for Suicide Prevention (AFSP) has an online guide to help you answer some of these questions.

Visit www.afsp.org/find-support/ive-lost-someone/practical-information-for-immediately-after-a-loss/ to view their practical support guide and to learn more about their resources for loss survivors.



American Foundation for Suicide Prevention

SOCIAL SUPPORT

Have a friend or family member start a meal train.

You might find that day-to-day tasks, such as cooking, can be challenging. Having adequate nourishment will help you stay healthy as you begin your healing journey.

www.mealtrain.com

www.giveinkind.com

www.takethemameal.com

Identify 1-3 people to help you inform other family members, friends, work, places of worship, and other social circles about your loss.

You might find that there are some barriers to communicating about your loss. If you have a trusted friend or family member help you inform others, it will help you focus on your needs and grief.

Learn about the stages of grief in one of the following books:

It's Okay That You're Not Okay by Megan Devine

Bearing the Unbearable by Joanne Cacciatore

On Grief & Grieving by Elisabeth Kubler-Ross and David Kessler



After Losing a Loved One

A Support Guide for Suicide Loss Survivors in San Luis Obispo County

Brought to you in part by the County of San Luis Obispo Behavioral Health Department and the Suicide Prevention Council of San Luis Obispo County



WELLNESS • RECOVERY • RESILIENCE



GRIEF

What is grief?

Grief is a natural emotional reaction to a consciously recognized loss.

What does grief look like?

Grief can look different based on the person grieving and the context of death. It is a unique process. Someone grieving might experience shock, numbness, denial, anger, sadness/depression, helplessness, guilt, and eventually acceptance of the death. It is normal to feel a range of fluctuating emotions.

How long will it last?

There is no timeframe for grief; having patience with yourself is key. It could take weeks, months, or years depending on many factors. The first year of holidays and anniversaries may be particularly difficult. It is important to remember that you will have happy days among the grieving days.

How can I get help?

Talk with family & friends, attend a grief support group, or see a counselor.

Use outlets such as reading, writing, art, music, meditation, and spending time outdoors.

BEREAVEMENT AND GRIEF SUPPORT

Hospice of SLO County **(805) 544-2266**

Individual and Family Grief Counseling,
10+ Sessions, No Charge
Available in San Luis Obispo and Paso Robles

Support Groups, No Charge
Suicide Bereavement Support Group,
2nd and last Wednesday of the month
from 5:30-7:00pm at the Dorothy D.
Rupe Center, 1304 Pacific Street, San
Luis Obispo 93401.

Visit www.hospiceslo.org/support-groups for more groups in SLO, Paso Robles, and Pismo Beach

Community Response, No Charge
Hospice of SLO County will come to any group or organization that would like guidance and assistance to help process a death. Call **(805) 544-2266** to begin the process.



BEREAVEMENT AND GRIEF SUPPORT

Wilshire Hospice **Grief Education and Healing** **(805) 269-0141**

Offering Services in English and Spanish

Individual & Group Counseling, No Charge
Visits may take place by appointment in the office or at home.

Grief Workshops, Support Groups, and Education, No Charge

Visit wilshirehospicecc.org/grief-workshops-and-education for times and locations across the county.

Cal Poly and Cuesta College Support *Short Term Bereavement Counseling*

Cuesta College Student Health Services
(805) 546-3171

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Cal Poly Campus Health & Wellbeing
(805) 756-1211

Cal Poly Counseling Services
(805) 756-2511

Residential Wellness Counselor
(805) 503-2118

SLO Counseling Service
(805) 756-1532

BEREAVEMENT AND GRIEF SUPPORT

VA/Vet Center **(805) 782-9101**

Bereavement services for active duty service members and their families

The American Foundation for Suicide Prevention (AFSP)

Healing Conversations: Personal Support for Suicide Loss

Healing Conversations gives those who have lost someone to suicide the opportunity to talk with trained volunteers, who are also suicide loss survivors.

Visit:

www.afsp.org/HealingConversations

Transformational Abundance **(805) 723-0488**

Suicide loss peer-to-peer support groups for 18+

Group meets at the Nipomo Community Library, 918 W. Teft St., Nipomo, 93444. Visit transformationalabundance.com to learn more.

Services also include: Meditation, Healing, and Empowerment Workshops

TRAUMA SUPPORT

Losing a loved one to suicide can leave us with a lot of questions and first-hand trauma for some.

If you experience any of the following signs or symptoms for more than two weeks, it might indicate that you are experiencing trauma. This might be a good time to speak with a mental health professional about your experience.

Common signs of trauma:

- Flashbacks of the event
- Nightmares and difficulty sleeping
- Increase in substance use
- Hypervigilance, being jumpy, feeling on-edge
- Disruption in relationships, work, school, and/or the ability to care for self

Community Counseling Center
(805) 543-7969

SLO County Mental Health
(800) 838-1381

Search **PsychologyToday.com** to find a local therapist who takes your insurance.