

## Going into the Scene of a Suicide Loss

**Express empathy.** Be respectful. Acknowledge and be sensitive to the feelings of survivors. Listen. Ask, *"What can I do to help?"*

**Help survivors** identify other people from whom they can get support.

**Provide written information to survivors** about resources to encourage faster access to healing.

## Leaving the Scene of a Suicide Loss

**Take care of yourself** and relax with healthy activities. Beware of overuse of drugs or alcohol.

**Pay attention** to how you (and your coworkers) are feeling. Talk and get support from people you trust.

**Utilize resources** around you early to help limit stress. Your employee assistance program, the CISM program, and other internal resources are always available.