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.