

# Survivors of Suicide Loss: Facing Stigma

Stigma after suicide loss can deepen the pain. Some people may avoid the topic, offer unhelpful comments, or judge the person who died. Survivors often feel isolated, ashamed, or left out of their community.

This guide offers practical steps for recognising and managing stigma, while protecting your own wellbeing.

## 1. Common Forms of Stigma:

- Silence – people avoid talking about the death.
- Blame – suggestions that someone was at fault.
- Stereotypes – harmful myths about suicide.
- Self-stigma – turning judgment inward.

## 2. Coping With Stigma:

- Prepare a short response: "They died by suicide, it's been very hard."
- Share only what feels safe – you control the story.
- Seek allies who listen without judgment.
- Join survivor support groups where stigma is understood.

## 3. Protecting Wellbeing:

- Limit contact with people who make you feel worse.
- Write down painful comments and release them in writing.
- Focus on supportive connections.
- Remember: stigma is a social failing, not yours.