

## PRACTICAL INFORMATION FOR IMMEDIATELY AFTER A LOSS

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*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/](http://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

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### 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](http://www.mealtrain.com)

[www.giveinkind.com](http://www.giveinkind.com)

[www.takethenameal.com](http://www.takethenameal.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



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## After Losing a Loved One

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

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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

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### 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

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### **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, 2<sup>nd</sup> 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](http://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

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### **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](http://wilshirehospicecc.org/grief-workshops-and-education) for times and locations across the county.**

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

Cuesta College Student Health Services  
**(805) 546-3171**

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

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

*Bereavement services for active duty service members and their families*

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### **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](http://www.afsp.org/HealingConversations)

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### **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](http://transformationalabundance.com) to learn more.

Services also include: Meditation, Healing, and Empowerment Workshops

## TRAUMA SUPPORT

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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.