



Coping with Guilt after a Suicide

Since 1980, Amanda the Panda has delivered love and caring through innovative services such as weekend grief camps, support groups, fun days, school visits and holiday support to inspire hope and healing after the death of a loved one. For more information, visit: amandathepanda.org (515) 223-4847 | (877) 533-4847

“Why didn’t I see this coming?”

- “If I had just been paying attention, I would have seen the signs and stopped this tragedy.”
- “It’s my fault; I refused to listen and answer the cry for help.”
- “Why did I have to start an argument over something so stupid?”

It is natural to look back after a suicide and wonder if we could have prevented it. We want to make sense of how tragedies happen, and even find somebody to blame. Even small comments or actions before a suicide later seem like big red flags announcing a person’s plan to take their own life.

Remembering that there is rarely one single word, action, or lack of action that causes suicide is important. They are merely pieces of the puzzle that makes up the mystery of why someone kills themselves.

Saying that most suicides are preventable is very hurtful to the family and friends of the deceased. Many survivors have spent years trying to help the

deceased who was struggling with a mental illness. According to the American Foundation for Suicide Prevention, 90% of suicides involve a known or unknown mental illness such as depression, bi-polar, or other diagnosis.

Sometimes a suicidal person even expresses happiness and no sign of distress just hours before taking their life, causing even more confusion or anger to those grieving their death.

It is common that even when our logical minds may tell us we are not to blame, our aching hearts feel guilt. It takes time for the heart and head to come together and tolerating this is just part of processing grief.