



DEE HATI CENTRE AND
AWARENESS AGAINST SUICIDE
(AWAS)

YOU ARE NOT ALONE

Self Help Kit for Suicide Loss Survivors



HEALING AFTER LOSS CAN FEEL
OVERWHELMING. TOGETHER, WE CAN
NAVIGATE THE PATH TO RECOVERY.

Grief After Suicide is Unique

*Losing a loved one to suicide can bring additional layers of grief. You might find yourself asking “**Why?**” or “**Could I have prevented it?**” These are common feelings, but it’s important to know that you are **not** to blame.*

*Healing comes from understanding and accepting that many factors contribute to suicide, often **beyond our control.***



**DEE HATI CENTRE FOR GRIEF,
BEREAVEMENT AND TRAUMA**



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[@deegriefcentre](https://www.instagram.com/deegriefcentre)



<https://deegrief.com.my/>



+60 11-5444 6467 (Whatsapp Line)



**AWARENESS AGAINST
SUICIDE**



facebook.com/AWASMalaysia



[@awas.malaysia](https://www.instagram.com/awas.malaysia)



<https://www.yayasanzuriatcare.org/>



+6010-234 4808 (Whatsapp Line)

CHANGES IN YOUR EMOTIONS

SHOCK AND DISBELIEF:
FEELING NUMB OR UNABLE
TO ACCEPT THE REALITY OF
THE LOSS.

GUILT:
REPLAYING “WHAT IF” SCENARIOS
AND FEELING RESPONSIBLE FOR
THE LOVED ONE’S DEATH.

ANGER:
DIRECTED TOWARDS THE
DECEASED, ONESELF, OR
OTHERS FOR PERCEIVED
FAILURES OR ABANDONMENT.

DESPAIR:
INTENSE SADNESS,
LONELINESS, AND A SENSE OF
HOPELESSNESS.

CONFUSION:
STRUGGLING TO UNDERSTAND WHY
THE SUICIDE HAPPENED AND
FEELING LOST.

REJECTION:
FEELING THAT THE RELATIONSHIP
WASN’T ENOUGH TO PREVENT THE
SUICIDE.

RELIEF:
ESPECIALLY IF THE LOVED
ONE HAD BEEN SUFFERING
FOR A LONG TIME.

PHYSICAL CHANGES

FATIGUE

SLEEP DISTURBANCES

APPETITE CHANGES

PHYSICAL PAIN

CHANGES IN THE WAY YOU THINK

DIFFICULTY
CONCENTRATING

FORGETFULNESS

INTRUSIVE
THOUGHTS

CHANGES IN HOW WE ACT

SOCIAL WITHDRAWAL

INCREASED SUBSTANCE USE

RESTLESSNESS

COPING WITH STIGMA

FEELING JUDGED

ISOLATION

THESE REACTIONS ARE **NORMAL** AND PART OF THE COMPLEX PROCESS OF GRIEVING A SUICIDE LOSS. IT'S IMPORTANT FOR YOU TO SEEK SUPPORT AND TAKE CARE OF YOUR MENTAL AND PHYSICAL HEALTH DURING THIS CHALLENGING TIME.

EMOTIONAL COPING STRATEGIES

ACCEPT YOUR EMOTIONS

ACKNOWLEDGE YOUR FEELINGS:

UNDERSTAND THAT IT'S NORMAL TO EXPERIENCE A WIDE RANGE OF EMOTIONS, INCLUDING ANGER, GUILT, SADNESS, AND CONFUSION. ALLOW YOURSELF TO FEEL THESE EMOTIONS WITHOUT JUDGMENT.

EXPRESS YOUR EMOTIONS:

FIND SAFE WAYS TO EXPRESS YOUR FEELINGS, SUCH AS TALKING TO A TRUSTED FRIEND, WRITING IN A JOURNAL, OR ENGAGING IN CREATIVE ACTIVITIES LIKE ART OR MUSIC.

PHYSICAL COPING STRATEGIES

MAINTAIN A HEALTHY ROUTINE

SLEEP

AIM FOR A REGULAR SLEEP SCHEDULE. LACK OF SLEEP CAN EXACERBATE EMOTIONAL DISTRESS.

NUTRITION

EAT BALANCED MEALS TO MAINTAIN YOUR ENERGY LEVELS AND OVERALL HEALTH.

EXERCISE

ENGAGE IN REGULAR PHYSICAL ACTIVITY, SUCH AS WALKING, YOGA, OR ANY EXERCISE YOU ENJOY.

TAKE CARE OF YOURSELF

RELAXATION TECHNIQUES:

PRACTICE RELAXATION TECHNIQUES SUCH AS DEEP BREATHING, MEDITATION, OR PROGRESSIVE MUSCLE RELAXATION TO MANAGE STRESS.

PAMPER YOURSELF:

TAKE TIME FOR ACTIVITIES THAT BRING YOU COMFORT AND JOY, WHETHER IT'S READING A BOOK, TAKING A BATH, OR SPENDING TIME IN NATURE

MENTAL COPING STRATEGIES

EDUCATE YOURSELF

“

LEARN ABOUT GRIEF: UNDERSTANDING THE GRIEVING PROCESS CAN HELP YOU MAKE SENSE OF YOUR EMOTIONS AND REACTIONS. READ BOOKS OR ARTICLES ON COPING WITH SUICIDE LOSS.

”

“

CHALLENGE NEGATIVE THOUGHTS: BE MINDFUL OF NEGATIVE THOUGHTS AND TRY TO REFRAME THEM IN A MORE POSITIVE OR REALISTIC LIGHT. FOR EXAMPLE, REPLACE “I SHOULD HAVE DONE MORE” WITH “I DID THE BEST I COULD WITH THE KNOWLEDGE I HAD.”

”

SET REALISTIC GOALS

SMALL STEPS: BREAK DOWN TASKS INTO MANAGEABLE STEPS. CELEBRATE SMALL ACHIEVEMENTS TO BUILD A SENSE OF ACCOMPLISHMENT.

PRIORITIZE: FOCUS ON WHAT IS MOST IMPORTANT AND LET GO OF LESS CRITICAL TASKS. IT'S OKAY TO ASK FOR HELP WHEN NEEDED.

SOCIAL COPING STRATEGIES

REACH OUT FOR SUPPORT

CONNECT WITH LOVED ONES: SPEND TIME WITH FRIENDS AND FAMILY WHO ARE SUPPORTIVE AND UNDERSTANDING. DON'T BE AFRAID TO LEAN ON THEM FOR SUPPORT.

SUPPORT GROUPS: JOIN A SUPPORT GROUP FOR SUICIDE LOSS SURVIVORS SUCH AS AWAS. SHARING YOUR EXPERIENCE WITH OTHERS WHO UNDERSTAND CAN BE INCREDIBLY HEALING

COMMUNICATE YOUR NEEDS

BE HONEST: LET OTHERS KNOW WHAT YOU NEED, WHETHER IT'S SOMEONE TO LISTEN, HELP WITH DAILY TASKS, OR SIMPLY SOME SPACE.

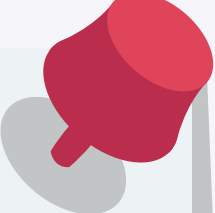

SET BOUNDARIES: IT'S OKAY TO SET BOUNDARIES WITH PEOPLE WHO MAY NOT UNDERSTAND YOUR GRIEF OR WHO ARE NOT SUPPORTIVE.

BE PATIENT WITH YOURSELF

ALLOW TIME TO HEAL, HEALING IS A GRADUAL PROCESS, AND IT'S IMPORTANT TO BE PATIENT WITH YOURSELF. UNDERSTAND THAT IT'S NORMAL TO HAVE GOOD DAYS AND BAD DAYS.

SEEK PROFESSIONAL HELP FROM THE HOSPITAL OR CLINICS IF ANY WARNING SIGNS.



WHEN TO SEEK PROFESSIONAL HELP



PERSISTENT GRIEF: IF THE INTENSITY OF THE GRIEF EMOTIONS DOES NOT LESSEN OVER TIME AND INTERFERES WITH DAILY LIFE.



THOUGHTS OF SELF-HARM: IF THERE ARE ANY THOUGHTS OR PLANS OF SELF-HARM OR SUICIDE.



INABILITY TO COPE: IF COPING MECHANISMS ARE NOT EFFECTIVE AND THE SURVIVOR FEELS OVERWHELMED.



PHYSICAL HEALTH DECLINE: IF PHYSICAL HEALTH IS DETERIORATING DUE TO THE EMOTIONAL STRAIN.



DISRUPTION OF ROUTINE: IF YOU ARE UNABLE SLEEP OR EAT, OR NEGLECT YOUR HYGIENE.

HOW TO SEEK HELP?

Government health service: Go to your nearest Klinik Kesihatan or Mentari for assessment. If you feel too overwhelmed by the symptoms and would like an URGENT assessment, you can go to the nearest Emergency Department.

Private services: Make an appointment with your preferred mental health services in private clinics or hospitals. However for any urgent assistance, do not WAIT and go directly to the Emergency Department.

Hotline: If you feel like talking to others first to let out the overwhelming emotions, or even to ask for help, call any available helplines.



TALIAN HEAL - 15555
TALIAN KASIH - 15999
8AM - 12 MIDNIGHT



RAHMAH - 011-5773 1036
10AM - 4PM



JKM - 03 - 8323 1996
8AM - 5PM



MMHA - 03 - 2780 6803
9AM - 5PM



BEFRIENDERS KL -
03-7627 2929
24 HOURS



LIFELINE ASSOCIATE
MALAYSIA - 03 - 4265 7995
9:30AM - 10:30PM



THRIVE WELL -
018 - 900 3427
9AM - 6PM



ALL WOMEN'S ACTION SOCIETY
016 - 237 4221
9:30AM - 5:30PM



BUDDY BEAR -
1-800-18-2327
6PM - 12 MIDNIGHT



TALIAN KECEMASAN - 999
24 HOURS

VISITING CLINICS OR THE EMERGENCY DEPARTMENT CAN BE INTIMIDATING, AND EXPLAINING YOUR SITUATION MIGHT BE CHALLENGING. USE THIS **S.O.S LETTER** TO HELP MAKE SEEKING HELP EASIER.

YOU CAN SHOW THE LETTER TO THE HEALTH OFFICERS WHO ARE ATTENDING YOU TO HELP IN STARTING THE CONVERSATION.



S.O.S. LETTER



Dear Medical Staff,

Please help me.

(Please choose and fill in details of your situation)

1. I was a witness to suicide loss
days/weeks/months/ years ago.

2. I lost someone to suicide
days/weeks/months/ years ago.

Right now I am..

(Please circle your problem)

- Having suicidal thoughts/plans/attempts.
- Having intense grief emotions that never goes away.
- Unable to cope with my emotions.
- Physically unwell.
- Other concerns:

I would like to seek urgent help from the professionals.