

Social Media After a Suicide Loss: Tips for Students *(Information provided by Riverside Trauma Center and Samaritans)*

Losing someone to suicide is a terribly painful event. You may experience a lot of emotions all at once. There is no one way of grieving the loss of a loved one. Grief is a process of healing that takes different courses for different people. Grief may never be entirely finished, but it can become more and more manageable in your daily life. Try not to set time limits on your grief, or compare your feelings to anyone else's. Many people use social media in a way to stay connected to the person who has died and to others who share this loss. Here are some tips to guide you if a social networking site is one way you want to express your feelings:

1. As with all social media, other people can see what you post.
2. Other friends and family of your friend are also grieving. They might use the site to share their own pain and despair. If you read something that concerns you, go to a trusted adult.
3. Be aware of the time you are spending on the site. Make sure you are not isolating yourself and that you continue to be involved with activities and friends. Things will be different but you do not want to go through this alone.
4. Using a social networking site can be a very healthy way to grieve, but consider that there are multiple ways to express your feelings. Remember it is also very important to talk with other people and let them know how you are doing.
5. You may need support yourself. If you do, find a trusted adult who you can talk to and who can give you support.
6. You can always call the Samaritans TEEN LINE at 1-800-252-TEEN (8336) with any questions, concerns, or if you just need someone to listen.