

Bereaved by suicide

Language: Chinese

Cruse
Bereavement
Support

亲朋好友自杀身亡

当亲朋好友自杀死亡时，这真的令人很痛苦。您可能会经历各种各样的情绪，包括困惑、愤怒、内疚、羞耻和孤独。

亲朋好友自杀后你所经历的悲痛，与任何突然、意外或创伤性死亡后所感受到的悲痛相似。但亲朋好友自杀后，您的这种感觉可能会更加强烈和复杂。

当有人自杀时，您会有什么感觉

愤怒

对那些因离开了您，或不接受心理健康帮助而去世的人感到愤怒是正常的。您也可能因为没有给他们提供帮助而对自己或他人感到愤怒。重要的是要知道这都是正常的反应。

负罪感

他人自杀后，您很容易产生巨大的负罪感。您可能会为他们活着的时候您做过或没有做过的事情感到非常内疚。重要的是要知道这不是您的错。

未回答的问题

您可能会发现自己反复问一些问题，为什么那个人选择那样做，或者是否可以通过某种方式阻止他们那样做。这些问题会在您的脑海中反复播放，可能会非常令人沮丧。把这些问题用文字写在日记或信里，通常可以起到帮助作用。这有助于组织您的思想，理解您的感受。

拒绝

您可能会觉得已故的人拒绝了您或您的帮助，或者您的爱和关心被他们忽视了。感觉自己不够强大来帮助他们，这是非常令人痛苦的。

污名

自杀有时会被污名化。有些人可能会对死者或他们的朋友和亲戚品头论足。这通常是由恐惧和误解造成的，但对留下的家人和朋友来说是非常痛苦的。

当亲朋好友自杀后您需要养活自己

设法铭记

也许在开心的时候铭记这个人，可以在他去世后与他保持联系。您可以看照片，参观有意义的地方，或者以他们的名义组织聚会或活动。

仪式

养成“仪式”，比如建立永久纪念碑，或者在每周的某个时间点亮蜡烛，是保持与死者关系的另一种方式。

散步锻炼

当您足够强壮的时候，试着回到您喜欢的活动和消遣中去。照顾自己很重要。试着吃得尽可能好，休息一下，即使很难睡着。花时间在户外或锻炼让许多人感觉更好——有时只是短暂的散散步就能有所帮助。

小心危险行为

如果您觉得生活中没有什么意义，那么您会发现自己正在拿自己的健康或安全冒险。如果您有这种感觉，和别人聊聊天是很重要的。

多喝酒或服用消遣性药物

在一次创伤经历后，人们更容易喝更多的酒或吸毒。但重要的是要记住，这些做法不会带走痛苦。

请求帮助

与信任的朋友和家人交谈会有所帮助。因自杀而失去亲人是一种独特而痛苦的经历，您可能需要和感同身受的人谈谈。

寻求帮助可能很困难。有时人们觉得他们不配或不应该需要他人帮助。但重要的是要和别人聊聊，无论是朋友和家人、您的医生、Cruse 或其他能提供帮助的组织。

联系 Cruse 的帮助热线

如需更多帮助，但又不会说英语，我们可以通过一个名为 LanguageLine（语言热线）的服务，为您提供帮助。

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

帮助流程

1. 拨打 0808 808 1677。
2. 您会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望获得我们的服务，如果无人应答，请您稍后再尝试拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他们您的语言。
4. 随后我们的志愿者会打电话给我们的翻译服务，您将会听到他们在和其他人沟通连线，请您不要挂机。您可能需要等待几分钟。
5. 接着口译员会加入通话，协助您和帮助热线的志愿者沟通。
6. 因为这是一个三方对话，它会比通常的帮助热线电话需要更长的时间，所以请您耐心等待。

我们的求助热线服务时间如下：

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

English version

Bereaved by suicide

When someone dies by suicide, it can be really difficult and painful. You are likely to experience a wide range of emotions, which can include confusion, anger, guilt, shame and feelings of isolation.

The grief experienced after someone dies by suicide is similar to that felt after any sudden, unexpected or traumatic death. But the feelings may be stronger and more complicated after someone takes their own life.

What you might feel when someone dies by suicide

Anger

It is normal to feel angry with the person who died for leaving you or for not accepting help with their mental health. You might also feel angry with yourself or with others for not doing more to help them. It's important to know this is a normal reaction.

Guilt

Overwhelming guilt is common after a suicide. You might feel very guilty for things you did or did not do when they were alive. It's important to know this was not your fault.

Unanswered questions

You might find yourself repeatedly asking questions about why the person chose to do what they did, or whether it could have been prevented in some way. Conversations can play over and over in your head and can be very frustrating. It's often helpful to put these questions in words in a journal or a letter. This helps to organise your thoughts and make sense of your feelings.

Rejection

You may feel that the person who died rejected you or your help, or that your love and care was ignored by them. Feeling that you were not enough can be very painful.

Stigma

Suicide is sometimes stigmatised. Some people may be judgemental towards the person who died or of their friends and relatives. This is often caused by fear and misunderstanding but can be very painful for family and friends left behind.

Supporting yourself when you are bereaved by suicide

Finding ways to remember

Remembering the person, perhaps in happier times, is a way of maintaining a bond with them after death. You could look at pictures, visiting meaningful places or organise a gathering or activity in their name.

Rituals

Developing 'rituals' such as creating lasting memorials or acts such as lighting a candle at a certain time each week is another way to maintain the relationship you had with the person who died.

Walking and exercise

When you are strong enough, try going back to activities and pastimes you enjoy. Looking after yourself is important. Try and eat as well as you can and get rest, even if sleeping is difficult. Spending time outside or exercising makes many people feel better – sometimes just a short walk can help.

Watch out for risky behaviour

If you are feeling that there is little point in life then you can find yourself taking risks with your own health or safety. It's important you talk to someone if you feel like this.

Drinking more or taking recreational drugs

It can be tempting to drink more or take drugs after a traumatic experience. But it's important to remember that these things won't take the pain away.

Asking for help

Talking to trusted friends and family can help. Being bereaved by suicide is a unique and painful experience and you might need to speak to someone who knows how hard it can be.

It can be difficult to ask for help. Sometimes people feel they don't deserve it or shouldn't need it. But it is important to reach out and talk to someone, be it friends and family, your doctor, Cruse or other organisations who can help.

Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.

2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm