



When Someone You Know Has Committed Suicide

Having someone you know commit suicide can be overwhelming. It can be especially difficult for law enforcement officers, because you are programmed to "be in charge," and may feel that you have to, and can, "fix everything."

You may feel:

- **Sad** or **depressed** at the **loss** of a person that you **knew** and **cared about**.
- **Guilty** or **responsible** for the person's death because you "**did something**" to "**cause**" it.
- **Guilty** or **responsible** for the person's death because you **didn't realize that they were suicidal** or **couldn't prevent** the person from committing suicide.
- **Angry at yourself** because you **couldn't prevent** the person from committing suicide.
- **Angry at the person who committed suicide** because:
 - They "left" you, possibly without warning.
 - They didn't trust you enough to tell you about their problems.
 - They caused problems in your personal or work life by committing suicide.
 - They left a "mess" or "loose ends" for you to "clean up."
- **Guilty** because you are **angry** at the person who committed suicide.

These are all perfectly normal feelings. Try to keep in mind that:

- It is all right to be sad, upset or angry about what happened.
- No one but the person who committed suicide is "responsible" for it.
- Neither you, nor anyone else except the person who committed suicide, could absolutely have prevented it.

For more information visit: www.alleaps.org

Toll Free Peer Support (833) 219-2461