

## Suicide loss condolence letter template

This content can be used as a template to create condolence letters and customized as needed.

Dear Mr./Mrs./Ms. \_\_\_\_\_,

We extend our deepest condolences for your loss. The death of someone we care about to suicide is a unique experience for everyone, and it is important to know that there are resources available to help navigate the difficult emotions that may arise. We want to ensure that you have the enclosed information on hand should you need it, now or in the future. There is no time limit on grief; you can access this information at whatever pace feels right to you.

Losing someone to suicide might be one of the most painful experiences a person can face. Coping with that loss can bring up complex and intense emotions. It can be immensely helpful to talk with a mental health professional about the grief that follows an unexpected death. We have included information in this packet on how to connect with a mental health professional who specializes in grief and loss, and can provide you with support.

Know that you are not alone. Many find it helpful to talk to others who have experienced a similar loss. There are suicide loss support groups available, and this packet provides information on how to find a support group that works for you.

We can also provide you with help in navigating the resources in this packet if you should need it. Please do not hesitate to reach out to \_\_\_\_\_ or any of the agencies listed in the enclosed materials. We want to help you in any way we can during this difficult time.

Sincerely,

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*To obtain this information in a different format, call: 651-201-5400.*

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