



SUICIDE LOSS SURVIVOR'S BILL OF RIGHTS

I have the right to be free of guilt.

I have the right not to feel responsible for the suicide death.

I have the right to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.

I have the right to have my questions answered honestly by authorities and family members.

I have the right not to be deceived because others feel they can spare me further grief.

I have the right to maintain a sense of hopefulness.

I have the right to peace and dignity.

I have the right to positive feelings about the one I lost through suicide regardless of the events prior to or at the time of the untimely death.

I have the right to retain my individuality and not be judged because of the suicide death.

I have the right to seek counseling and a support group to enable me to honestly explore my feelings to further the acceptance process.

I have the right to reach acceptance.

I have the right to a new beginning.

I have the right to be.

JOANN C. MECCA, CENTER FOR INNER GROWTH AND WHOLENESS, WETHERSFIELD, CT