

The Survivor of Suicide Loss Bill of Rights

(From Jackson, Survivor of Suicide Handbook, American Association of Suicidology)

1. I have the right to be free of guilt.
2. I have the right not to feel responsible for the death by suicide.
3. 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.
4. I have the right to have my questions answered honestly by authorities and family members, if possible.
5. I have the right not to be deceived because others believe that they can spare me further grief.
6. I have the right to maintain a sense of hopefulness.
7. I have the right to peace and dignity.
8. I have the right to positive feelings about one I lost through suicide, regardless of events prior to or at the time of the untimely death.
9. I have the right to retain my individuality and not be judged because of this loss through suicide.
10. I have the right to seek counseling and support groups to enable me to explore my feelings honestly to further the acceptance process.
11. I have the right to reach acceptance about this loss and the complex factors leading up to it.
12. I have the right to a new beginning. I have the right to be.