

anger, stigma, and the questions

suicide loss brings feelings that can frighten the person feeling them, anger at someone you love and miss, a sting of shame put there by a judging world, and questions that circle without ever landing. none of these make you disloyal, or a bad person. they are ordinary parts of an extraordinary grief. naming them can loosen their grip a little.

there is no correct way to feel after a suicide. all of it belongs, and all of it is allowed here.

THE ANGER

you may feel anger, at the person, at yourself, at doctors, at a world that did not save them. anger at someone you love can feel monstrous, but it is a normal part of this grief.

let it have a place. anger and love are not opposites; they live side by side here. you can be furious at them for leaving and still love them with your whole heart.

you do not have to resolve it tidily. it may soften over time, or come in waves. it does not need to be fixed on a schedule, and feeling it does not betray them.

THE STIGMA

suicide still carries a stigma it should never have. people may avoid the subject, lower their voices, or say nothing at all, and that silence can isolate you further. the shame belongs to the stigma, not to you or to the person you lost.

you are allowed to say how they died. or not to. it is your story to tell, in your own time, in your own words. you owe no one the details.

break the silence when you can. this loss isolates because others fear saying the wrong thing. you are allowed to go first, to say their name, to ask for company, to be honest about how heavy it is.

find people who do not flinch. a survivor support group is full of people who understand this loss from the inside and will not look away. you do not have to explain yourself there.

THE QUESTIONS

the why and the what-if may circle for a long time. some questions never resolve, and the search for a reason can become its own kind of suffering.

you can set the questions down. not forever, just for now. you are allowed to put them aside when they exhaust you, and pick them up only if and when you choose.

you can love them, and grieve them, without the answers. a reason would not bring them back, and its absence does not mean you failed to understand them. love does not require a full explanation.

let every feeling have room. there may always be questions, and there may always be ache. but there is also the love you had, which did not disappear with their choice. you are allowed to grieve, to be angry, and to need help.

IF YOU ARE STRUGGLING

if you are in pain right now, or finding it hard to keep going, please reach out. you are not alone, and there are people ready to help, day or night.

SADAG (South African Depression and Anxiety Group): 0800 567 567

Lifeline South Africa: 0861 322 322

SADAG operates a 24-hour helpline; if you are in immediate danger, please contact your local emergency services.

there is no correct way to feel. all of it belongs.