



# washington support after suicide

A program for those who have lost someone to suicide



[crisisconnections.org/wasas](https://crisisconnections.org/wasas)  
[wasas@crisisconnections.org](mailto:wasas@crisisconnections.org)

A PROGRAM OF

 **crisis  
connections**



## Self-Care Tips



allow yourself to feel what you feel without judgment



talk about your loved one



remember to eat



write down the thoughts, feelings and emotions you experience



try to get rest



have patience and compassion for yourself

Reach out for a grief companion,  
care package or support group

[crisisconnections.org/wasas](https://crisisconnections.org/wasas)