



The Suicide Loss Survivor's Bill of Rights

By JoAnn Mecca, 1984

- 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.**