

LEVE

LEVE is an NGO that caters to people who have experienced losing someone close to suicide.

LEVE works towards helping and offering support and resources to people who have lost someone to suicide. LEVE offers support through informal gatherings, events, and conversations with others who have experienced the same trauma and loss as themselves.

LEVE also have a youth group which offers annual youth events and a network that young people who have experienced what it is like to lose someone to suicide.

*The light you
need exists...*

Helge Torvund

If you wish to contact LEVE you may either call us or send us an email to post@leve.no. If you want more flyers and information regarding what it is like to lose someone to suicide please contact us for more information.

Where can you seek help?

- Your general physician: book an appointment with your GP, tell him/her what has happened and request a referral to a psychologist for an appointment
- Try to search for organizations online which is in your language. There might be help and advice online provided by professional NGO's that offer help and support on the topic of suicide.

Someone to talk to:

- Mental Health's hotline: 22 20 49 00
- The Church's SOS hotline: 22 40 00 40
- LEVE: 22 36 17 00
- Adult's for Children's hotline: 810 00 040
- Your local faith community
- Try searching for organizations with information in your native language



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GB



www.leve.no



According to Norwegian law regarding universal and equal access to health care, you may be entitled to have an interpreter with you when visiting a doctor and the Norwegian health care sector. Google for the flyer, "Pasient og tolk – en brosjyre om tolk i helsetjenesten", it is available in 24 languages.

TO THOSE OF YOU WHO
HAVE LOST SOMEONE CLOSE
TO SUICIDE

For more information, see www.leve.no



THE GOAL OF THIS FLYER IS TO PROVIDE YOU WITH INFORMATION REGARDING HOW IT IS TO LOOSE SOMEONE CLOSE TO SUICIDE, WHAT LEVE CAN OFFER YOU IN TERMS OF SUPPORT AND ADVICE, AND SOME INFORMATION REGARDING WHERE YOU CAN SEEK HELP AND SUPPORT OUTSIDE OF LEVE'S NETWORK.

To lose someone to suicide

Suicide as a cause of death is a shocking and violent loss which can leave families and friends with a whole range of feelings and unanswered questions. Even though everyone expresses their grief in a unique and personal way, and even though there is no right or wrong way to mourn the loss of someone, many will still experience some form of commonality regarding mourning the loss of someone who was lost to suicide.

The text in this flyer is based on x-documents that in turn are based on x-research. To lose someone to suicide is hard. The culture that you are a part of can also play a part in this process of grief and sorrow. There are still sadly, a lot of taboos connected to suicide, and in some cultures these taboos are larger than in other cultures.

Our informants from different cultures highlighted that no matter where you are from or what culture you are from, one key aspect was to talk to others about your experience and grief. They also stated that it was key to receive help in particular if one had immigrated to Norway. On the last page of this flyer we will talk more about where you can get help, and also who you might want to talk to regarding your experience in this time of loss and mourning.



EXCERPT FROM LEVES FLYER «TO YOU WHO HAVE LOST SOMEONE TO SUICIDE»

Developed by LEVE, St. Olavs hospital and RVTS North, East and West.

Immediate Reactions

When one is in shock, one of many reactions can be one of numbness and a strong sense of derealization, that is, that the world can seem unreal or surreal, or a sense of being outside of one's self. Thought such as 'this can't be true' are common and normal reactions to such a loss. This sense of being numb is also a normal reaction which can act as a sort of protective defense against the stronger emotions that are developing as the process goes on and as such this sense of numbness can be of some help in dealing with the shock in the early phases of this process. To take in the reality of the tragedy that has happened will take time and be a gradual process, and in the first days and weeks after the loss it is perfectly normal to experience strong and complex emotions that will arise. Many people will experience being very tired during this period.

Reactions that might come after the acute phase is over

Emotions and feelings that can arise gradually after a suicide are typical reactions to grief and sorrow such as crying, despair, a sense of loneliness, abandonment, sadness,

and a sense of loss. Many will in addition to these feelings experience moments of anger and rage directed at the one who took their own life. The need to understand why the person took their own life is one of many questions that people are left with after a person takes their own life. In this process it's also common to feel a certain sense of guilt. Many also experiences flashbacks of their bond and friendship with the deceased.

Some people who experience losing someone close to them to suicide isolate themselves, others can feel some feelings reminiscing of depression and others do not.

The road to recovery and a sense of a normal everyday

There is broad scientific consensus that a sudden and unexpected death, such as suicide, can lead to larger health issues than is the case when the loss of someone close is expected. It's not easy to determine what is a 'normal' duration for mourning the death of someone lost to suicide, but this process is usually shorter when the death is expected such as with old age or long term disease rather than the abrupt and sudden death of a suicide. Most of the people who experience losing someone close to them to suicide will recognize that the first year can be characterized by large fluctuations in moods with ups and downs.