

# HUGG

HEALING UNTOLD GRIEF GROUPS

## Suicide Bereaved's Bill of Rights

- 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 counselling and/or 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.

Survivor's Bill of Rights has been credited to many authors since JoAnn C. Mecca, Dayton, Ohio offered this original version in 1984.

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