



## **Survivors' Bill of Rights**

by JoAnn C. Mecca

- 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.