

WHY IS THE CORONER CALLED?

A coroner must not only investigate all unnatural deaths such as those due to foul play, suicide, accident, negligence, malpractice, but must also investigate certain natural deaths such as sudden and unexpected, from illness not under treatment by a qualified physician. Deaths occurring in certain types of institutions such as nursing homes, homes for the aged, and whenever questions can only be answered fairly after an investigation.

HOW IS INFORMATION OBTAINED?

Information pertaining to the death may be obtained from the coroner as it becomes available. When the investigation is complete, the coroner will provide on request to the immediate family (spouse, partner, parent, child, brother, sister) or personal representative, a copy of the coroner's investigation statement. This statement includes the date and place, cause and means of death and relevant postmortem findings.

One Medical Certificate of Death is issued and cannot be copied. It is retained by the Registrar General who will supply a certificate on request showing the name, date, and place of death.

RESOURCES

London Police Service – Crisis Intervention/ Victim Support Unit & Victim Services Middlesex London (519) 661-5636

Provides victims of crime and/or traumatic circumstances with immediate support and referrals to available programs and services.

Reach Out (519) 433-2023 – is a free, 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London.

Mental Health & Addictions Crisis Centre

The Mental Health and Addictions Crisis Centre is open 24/7 if you are a high risk of suicide, experiencing personal distress or symptoms of a mental illness or if you would benefit from talking to someone to initiate stabilizing supports. The Crisis Centre supports individuals who are 16 and older. 648 Huron Street, London, ON.

Victim Quick Response Program+

You may be eligible for financial assistance with funeral expenses, crime scene clean-up, homicide survivor support, and counselling. Please contact the Crisis Intervention/Victim Support Unit with London Police Service at 519-661-5636.



LONDON POLICE SERVICE
601 Dundas Street
London, ON N6B 1X1
Phone: 519.661.5670
www.londonpolice.ca

LONDON POLICE SERVICE GRIEVING A SUICIDE LOSS



**DEEDS
NOT
WORDS**

www.londonpolice.ca

A DIFFERENT GRIEF

Survivors of suicide – family and friends of a person who died by suicide – feel the emotions that death always brings. Adding to your suffering is the shock of a sudden, often unexpected death. As well, you may feel isolated and judged by society, friends and colleagues.

Some people compare the emotional stress to being trapped on an endless roller-coaster. You may feel:

- Guilt, anger, blame, shame, confusion, relief, despair, betrayal, abandonment
- Disconnected from your loved one because he or she chose to die
- Consumed by a need to find the meaning and reasons for the suicide
- An exaggerated sense of responsibility for the death
- The suicide was malicious, or a way for the deceased to get back at you.



WHAT SURVIVORS SHOULD KNOW

First, know that you are not alone. Approximately 1 out of 4 people know someone who died by suicide. It can also help to know that:

- Suicide was the decision of the person who died
- It is estimated that most suicides are the result of untreated depression or other mental illness.

SURVIVOR COPING STRATEGIES

No two people ever experience grief in the same way, or with the same intensity, but there are strategies that can help you cope with your loss.

- Acknowledge that the death is a suicide
- Recognize your feelings and loss
- Talk openly with your family so that everyone's grief is acknowledged and can be expressed
- Reach out to your friends and guide them if they don't know what to say or do
- Find support groups where you can share your stories, memories, and methods of coping

TELLING OTHERS: WHAT TO SAY

One challenge you will face is telling others about the suicide. Although it may be difficult to speak openly about suicide, it is important to tell family and friends the truth. This allows them to help each other cope with their grief and helps you work through yours.

You might choose to say something as brief as, "She died by suicide and I just can't talk about it yet," or, "He lived with a deep depression and died by suicide."

Creating a brief statement that you can repeat can be helpful so that you aren't trying to think of what to say each time you need to tell someone. You do not need to disclose details to people who aren't close to the family.

In addition to telling family and close friends, you will need to notify people with whom the deceased had regular contact. Because telling people may be difficult, you may want to ask someone to help you with these calls. The list of people to inform may include: school personnel/employer and work colleagues, doctors, religious or spiritual organizations, and the owner of the property where the deceased was living.