

The weight of suffering in someone mourning a suicide cannot be borne alone.

Gate Ann Létourneau

I am grieving a suicide. The loss of my brother left me feeling intensely helpless—a dramatic sense of powerlessness—not to mention the awful guilt I feel as a survivor.

It's hard to talk about my reality. A kind of isolation, exclusion, and stigmatization sets in almost automatically if you don't find the right resources quickly. In fact, the suffering can even lead a survivor to also have suicidal thoughts.

I am of the firm belief that one of the ways to get through such a period of hardship is to be accompanied, listened to, and heard. This is the support I found in JEVI in 2015 through the meetings suggested to me as an individual mourning a suicide. The competent and sensitive workers from JEVI's support group for bereaved individuals after the loss of a loved one due to suicide helped me feel this support, as did being able to meet others who have experienced the same as me.

A creative approach was proposed to us from the start. The counsellors were compassionate and concerned, and showed a capacity to listen to us unconditionally. For me, such a warm welcome and openness enabled me to go deeper in my search for a meaning to our existence. Life is precious and nourishing. I can't express just how much the logic of living together was renewed and grew stronger in me right from the start of those first meetings.

Then a sense of belonging was born, a tangible solidarity, community, or fraternity among all of us mourning a suicide and the counsellors. A fabric joining us all was quickly woven, breaking the individual isolation we were feeling around the hard reality of a loved one's suicide.

That's when I realized that the weight of suffering felt by someone mourning a suicide cannot be borne alone. We are all fragile and strong at once, and above all we are social creatures; we like to interact, and we like to give with altruism.

The smiles, hugs, tears, and even laughs—and there are many through such a period—were for me a source of mutual help and understanding among us. Suicide is not a private affair; we are all affected by it.

At the same time, the pain and suffering is inevitable, unavoidable, because they are part of life; they come with life. However, and paradoxically, these sentiments also create life, opportunities to be closer, contact with others, the warmth of sharing, the tenderness of encouragement; words (and pain) finally expressed, revealed, enable adversity and unhappiness to become human.

An organization like JEVI creates hope among those in despair, saves lives, reduces the collateral damage suffered by those left behind—us—the ones who are grieving due to a suicide. Those sensitive souls that I met in the support group reminded me that we are endowed with love and goodness toward one another. JEVI helps build—rebuild—the future by allowing those who have suffered a painful past to find their way (and their voice) again on the road in the present—on the way of transformation. This kind of growth is inevitably in the direction of life.

819 564-1354

**JEVI answers calls Monday to Friday
from 8:30 AM to 4:30 PM.**

**If you or someone you know need help, our
whole team is there to support you.**

Provincial Hotline (toll free): 1 866 277-3553.