



10 Things to Know When You Lose a Grandchild to Suicide

This loss is unlike anything you have faced before. If you are in the early days, these ten things will not fix it. But they may help you feel slightly less alone in what you are carrying.

1. This grief is real and it is large. Losing a grandchild to suicide is one of the most disorienting losses a person can face. You are not overreacting.
2. Raising your grandchild changes the shape of this loss. If you were the one raising your grandchild, this sits closer to losing a child than to a more distant grief, and you deserve support for both.
3. This is not the natural order. Grandparents are supposed to die first. When that order is reversed, something in the foundation shifts. That disorientation is normal.
4. The guilt is common, and the premise underneath it is almost certainly not true. Most survivors replay the past looking for what they missed. The warning signs that feel obvious now were almost never obvious then.
5. What you were taught about suicide may not still hold. Many faith traditions have significantly changed their understanding of suicide. You do not have to choose between your faith and your grandchild.
6. Distance does not measure how much you cared. People may assume that living far away means the loss hits you less hard. It does not, even when others quietly assume it does.
7. You are allowed to include them when someone asks how many grandchildren you have. There is no right answer. But you do not have to erase them to make a conversation easier.
8. Supporting your child does not mean setting your grief aside. You are doing two things at once: grieving and parenting a grieving adult. You also need support, and so do other grandchildren grieving a sibling.
9. If grief stops easing, that is a signal, not a failure. If guilt or hopelessness are not softening at all over time, or daily life becomes hard to manage, professional support can help more than peer support alone.
10. Survival is possible. The bond with a grandchild who died by suicide transforms rather than ends. Not the same as before, but many people have found their way through.

Full post

<https://sunflowersaftersuicide.com/losing-a-grandchild-to-suicide-grief-guilt-and-the-double-loss/>