



Parents who lose an only child to suicide grieve the person they cared for, and also the daily role of parent, the shared family history, and the future they planned together. This handout draws on peer experience and one small research study to describe what these parents may face and where support can be found. It is written for parents, and for clinicians and friends who want to understand what these parents carry.

Still a Parent

- A parent whose only child dies is still a parent, even though the daily work of parenting has ended.
- Public questions like whether you have children can hurt, and choosing a short answer ahead of time can help.
- Days built around the parent role can raise the question of whether you still count, as [Mother's Day after suicide loss](#) explores.

The Quiet Years Ahead

- Loneliness often has two layers, missing your child and facing the years ahead with no other family close by.
- A 2025 [study of 24 older U.S. parents](#) whose only child died described intense grief, added losses, and isolation.
- One standing weekly plan that involves another person, even a phone call, can make reaching out easier on hard days.

Updating a Will and Beneficiary Forms

- Updating a will or beneficiary forms can feel like signing away the person, and many parents need more time than they expect.
- An estate attorney can point out time sensitive steps, and this handout offers peer support and not legal or financial advice.
- When a family line ends, some parents find meaning in becoming the keeper of their child's stories, interests, and memory.

Finding Support

- The Compassionate Friends offers peer support for bereaved parents, including parents after a child's suicide.
- AFSP's support group finder lists groups by location, and telling a facilitator your child was your only child can help.
- A counselor trained in suicide bereavement can help with questions of identity, as our guide to finding a grief counselor explains.

Source

<https://sunflowersaftersuicide.com/losing-an-only-child-to-suicide/>