

You need to take time to look at alternatives rather than act rashly and irretrievably. You may want to keep certain belongings as a comfort as the grief intensity changes and give away others as a way of saying goodbye.

If possible it is often best to delay any major life decisions e.g. regarding house, job, location, for some time after the death to be clearer about the decision and its ramifications.

A trusted family member or friend may be able to assist in making financial decisions. A financial adviser may also be needed to help with decisions about financial management.

Insurance policies need to be followed up. Some policies will exclude suicide as a claimable event. This will most likely be upsetting. You will need to be prepared for this. Who can help you with this? Maybe a friend or a relative can make the enquiries for you if you feel unable to do it yourself.

It may help to write down the things that are important for you to remember.