

Bluebird Box

Dear Survivor,

I am so sorry you are having to read this letter. I am so sorry for your loss. My heart is breaking for you and your family during this difficult time. There are many questions that you might have and finding answers may be difficult. Know that you are not alone.

Your world has shattered. Things may seem different, because they are different. Your loved one is gone. I'm so sorry. You may be in shock, have feelings of guilt or shame for not stopping their suicide. It was not your fault! I know it is very hard to not to think that but it was not your fault. You are not alone.

During this difficult time, please remember to take care of yourself. Get plenty of rest and drink lots of water. Cry or scream, it's a natural expression of sadness and it's healthy. Find a safe person you can talk to about your loved one. If you need a safe person, please use the resources in the Bluebird Box to find someone. There are many survivors who are willing to talk. You are not alone.

Please know you will survive your loss. I know it doesn't feel like it. Your world will never be the same but you will survive, somehow in some way. Minute by minute, day by day. It is hard, there is no way around this fact. You will have days that are okay or days that are very difficult. Know you are not alone.

This box is intended to give a little comfort and guidance navigating your new reality. Inside you will find information on support groups, a list of therapists, and information on suicide. There are also books on surviving losses from a suicide, along with comfort items to wrap you in love during this difficult time in your life. You are not alone in your journey.

I know all seems lost, different and dark now, but the darkness will lighten a little with time and support. I am here for you, as well as many other suicide loss survivors. You are not alone.

Sincerely,

Jude Cauble
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