

A lit candle in a brass holder sits on a wooden windowsill. The candle is lit, casting a warm glow. The window looks out onto a sunset over a body of water, with mountains in the background. The sky is filled with colorful clouds in shades of orange, yellow, and purple. The water reflects the sunset, and the mountains are silhouetted against the bright sky.

BEYOND SEPTEMBER™ · FREE GUIDE

Making Room for Their Memory

Around Survivor Day, November 21, 2026

For people who have lost someone to suicide, and for those
who want to be there for them.

Before you begin

International Survivors of Suicide Loss Day falls on Saturday, November 21, 2026. For some people it is a day to gather; for others it is a day to stay close to home. Either is a way of carrying someone with you.

This guide offers choices, not steps you must complete. You do not need to attend anything, share your story or explain how your person died to use it. Beyond September provides awareness and education, not therapy, medical care, crisis services or peer support.

01

Private, shared or not at all

You might mark the day alone, with one trusted person, with family or not at all. You can decide closer to the day, and you can change your mind. Choosing quiet is not forgetting.

02

If you are thinking about an event

Some organizations host Survivor Day gatherings in person or online. Before going, you might check how long it lasts, whether you can leave partway through and whether you are expected to speak. Listening only is allowed. Bringing someone with you, or arranging your own way home, can make it easier to leave when you are ready.

03

Ask for company, simply

It can help to ask for one specific thing: “Would you sit with me for an hour on Saturday?” or “Could you text me that evening?” These are suggested phrases to adapt, not survivor quotations.

04

Small ways to make room

Say their name aloud, light a candle, cook something they loved, visit a place that mattered or write down one memory you want to keep. You do not need to buy anything or post publicly to honor them.

05

Protect your privacy

If you share a photo or memory online, think about who can see it and whether other family members are comfortable. You can share their life without sharing details of their death.

06

After the day

Feelings may arrive before, during or after the date. Plan something gentle for the next day too. If you are struggling to cope, consider qualified professional support. There is no deadline for seeking it.

Need support right now? (United States)

Call or text 988: Suicide & Crisis Lifeline. For immediate danger, call 911 or go to the nearest emergency department. Outside the United States, contact your local emergency service or crisis line.

Private prompts

Use what fits or leave it blank. This is a remembrance prompt, not a clinical safety plan.

How I might like to mark the day

One memory I want to keep

Someone I could ask for company, and what I would ask

Something gentle for afterward

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