

Gia Allemand's Boyfriend Speaks Out About Her Apparent Suicide



 By Petra Halbur

NBA player, Ryan Anderson, issued a statement last Wednesday to address the apparent suicide of his girlfriend, Gia Allemand. "I'm deeply grateful for all the love and support we have received from family, friends and fans. Gia was the most beautiful person I knew inside and out and she always smiled and made everyone else around her smile," he said. "She had such an amazing impact on my life and anyone that knew her was blessed. All I have left is to cherish those memories we made together and help perpetuate the many values, faith and love that we shared." According to [People](#), Anderson discovered Allemand in her New Orleans home on Monday. She was transported to the hospital and remained on life support until her death last Wednesday.

What are some ways to deal with a sudden death of a partner?

Cupid's Advice:

Nothing is harder to face than the death of a loved one. Cupid is here with some advice to help you get through this most difficult time.

1. Seek grief counseling: Well-intentioned reminders from friends and family that your partner "will always be in your heart" get old very, very quickly. You might benefit from seeing a grief counselor or joining a support group. Speaking with people who truly "get it" can be an enormous source of comfort.

2. Say goodbye: Perhaps the most difficult thing about the sudden death of a loved one is knowing that you didn't get to say, "goodbye." Allow yourself to bid farewell to this person who meant so much to you. Even if you're not a religious person, doing this will give you some sense of closure.

3. Grieve together: Though your instinctive reaction to this tragedy may be to close yourself off, remember that your partner had friends and family who are also hurting. Open yourself up to them. You'll get through this together.

How did you get through the loss of your partner? Tell us below.