

Robin William Dies From Suspected Suicide; Wife Releases Statement



By Laura Seaman

On August 11, 2014, the world lost beloved actor and comedian Robin Williams. He was known for legendary roles in movies such as *Dead Poets Society*, *Mrs. Doubtfire*, *Jumanji*, and many others. The star died at age 63 and left behind a wife and three children from previous marriages. His third and current wife, Susan Schneider, told UsMagazine.com, "This morning, I lost my husband and my best friend, while the world lost one of its more beloved artists and beautiful human beings. I am utterly heartbroken. On behalf of Robin's family, we are

asking for privacy during our time of profound grief. As he is remembered, it is our hope that the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions." Rest in peace, Robin Williams.

What are some ways to deal with the loss of a loved one?

Cupid's Advice:

Death is a topic everyone tries to avoid, and yet it's something everyone has to deal with in their lifetime. It's a big, permanent change for those who were close to the deceased. It's having to know that someone who was once a part of your everyday life is no longer around, and they never will be again. This is a stressful time, and understandably so. You don't have to go through it alone, and there are plenty of ways to try and cope with the pain:

1. Remember the good times. Death is a sad occasion, but it is still possible to be happy. After all, your loved one wouldn't want you to suffer. Remember their lifetime instead of dwelling on their death, and keep those memories alive. Put together a scrapbook, or take a day to sit with friends or family and go through all of your memories of being with your loved one and how great it was having them around.

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2. Surround yourself with caring people. Chances are you're not the only one dealing with the death of your loved one. Find others who were affected and come together to give each other support. It's better to remind yourself that you're not alone in this situation and to use this time to help others who are also hurting.

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3. Do what feels right to you. Everyone handles death differently. Your friend might cope by keeping busy and moving on right away, while you might need to take some time to adjust to this loss. And that's okay! Cope with this the way you feel comfortable with, and don't pressure yourself to act differently or move on faster than you're ready to.

How have you dealt with the loss of a loved one? Let us know in the comments.