

COMMUNITY RESOURCES

- **Acclaim Health**

www.acclaimhealth.ca

Tel: 905-827-8800

- **Bereaved Families of Ontario**

www.bereavedfamilies.ca

Tel: 905-318-0070

- **Burlington Counselling & Family Services**

www.burlingtoncounselling.com

Tel: 905-637-5256

- **Friends in Grief**

Tel: 905-318-3811

- **Halton Family Services**

www.haltonfamilyservices.org

Tel: 905-845-3811

- **House of Hope**

www.houseofhopeontario.com

Tel: 905-340-0431

COMMUNITY RESOURCES CONTINUED

- **Kids Helpline**

Tel: 1-800-668-6868

- **The Carpenter Hospice**

www.thecarpenterhospice.com

Tel: 905-631-9994



Grief - Information for people dealing with the loss of a loved one.

Palliative Care Program Education



WHAT IS GRIEF?

- It is a natural reaction to loss.
- It can be hard, stressful and tiring, but it is not an illness.
- It helps us to let go of the past and prepare for the future.

UNDERSTANDING GRIEF

Grief is a natural reaction to loss. All people grieve differently. Grief can impact a person's emotional and physical wellbeing.

The grieving process may be brief or lengthy. Dealing with grief can be hard, and each person works through it differently.

COMMON EMOTIONAL RESPONSES

- Confusion, disbelief, and wondering.
- Sadness, anger, guilt, loneliness, anxiety, resentment and lack of confidence.

COMMON PHYSICAL RESPONSES

- Frequent crying
- Headaches and/or nausea
- Irregular eating and/or sleeping
- Limited energy

MANAGING GRIEF

Working through your grief is important. Unresolved grief can have long-term impacts on your wellbeing. Accepting help and seeking support may be challenging, but it is an important step in recovery. Turn to:

- Sympathetic family and/or friends
- Your doctor or health care provider
- A spiritual adviser
- Local grief counsellor

KNOW WHEN TO ASK FOR HELP

Knowing when to ask for help can be unclear. If faced with grief, consider the following. Are you:

- Always bad tempered and angry?
- Busy, restless, or unfocused?
- Avoiding family and friends?
- Obsessive?
- Experiencing feelings of guilt?
- Feeling empty or numb?
- Isolated?
- Engaging in harmful activities like alcohol or drugs.
- Contemplating death and/or suicide?

If you answered yes to any of the questions, seek help with your grief.