

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.

**Developed by:
The Palliative Care Program**

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Grief

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

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

COMMUNITY RESOURCES

Acclaim Health

www.acclaimhealth.ca
Tel: 905-827-8800

Bereaved Families of Ontario

www.bereavedfamilies.ca
Tel: 905-848-4337
info@bereavedfamilies.ca

Friends in Grief

Tel: 905-318-0059
www.baygardens.ca

Widowed Friends of halton

www.widowedfriendsofhalton.com

House of Hope

www.houseofhopeontario.com
Tel: 905-340-0431

Kids Helpline

Tel: 1-800-668-6868
Kidshelpphone.ca

The Carpenter Hospice - Bereavement

www.thecarpenterhospice.com
Tel: 905-631-9994 x135
support@thecarpenterhospice.com

The Lighthouse Program for Grieving Children

www.grievingchildrenlighthouse.org
Tel: 905-337-2333

Wellspring Bereavement Group

www.wellspring.ca
Tel: 905-257-1988

Virtual Hospice

www.mygrief.ca
www.virtualhospice.ca

Wellwood Resource Centre

www.wellwood.on.ca

COAST 24/7 crisis outreach and support team

Tel: 1-877-825-9011
<https://halton.cmha.ca/our-services/in-a-crisis/>