

When Do You Seek Help For Your Grief?

Grief is a very normal process and a reality that we all go through at different times of our lives.

How do we know to seek help (counseling) with grief?

- When our grief is severe and prolonged.
- When we cannot function in everyday living

When the cause of our grief is:

- Loss of a child or life partner
- Loss by sudden death by violent means
- When personally discovering the body of the deceased
- When pre-existing anxiety, stress, and/or depressive disorders pre-loss

When you just can't get through it:

- Feelings of intense yearning or longing for the deceased
- Can't return to everyday living
- Lots of preoccupying memories, thoughts or images of the deceased
- Inability to control emotions and thinking patterns (positive vs. negative)
- When we feel "stuck" at different stages of grief

Facilitator – Group Processing:

- Do you feel like it's time to get help with your grief?
- What makes you say this?