

## Tips on Coping with Grief



Grief is a normal emotional response to a loss of someone or something

## Stages of Grief

- **Denial**  
This isn't happening to me.
- **Anger**  
Why is this happening to me?
- **Bargaining**  
I promise to be a better person if...
- **Depression**  
I don't care anymore.
- **Acceptance**  
I'm ready for whatever comes

## When Grief Turns to Depression

- Not functioning at work or home
- Nothing interests you anymore
- Having feelings of worthlessness
- Having thoughts of suicide

## Coping with Grief

- Allow yourself to mourn
- Talk to someone, don't keep your feelings bottled up
- Express yourself by writing a letter to your loved one or writing in a journal

- Join a support group
- Take care of yourself, avoid using alcohol/drugs to cope
- Plan ahead on how you will spend holidays
- Remember your loved one in a positive way by planting a tree, making a scrapbook or photo album, making a donation

## Things That Influence the Grief Process

- Unexpected death
- Closeness of relationship
- Coping style
- Prior experience with loss
- Availability of support
- Culture



## Get Support

- Friends
- Family
- Faith
- Support Groups
- Professional Counselors

## Need HELP? There is HELP!

Contact your family doctor or local mental center if your grief is not getting better or you think you have depression. Contact your local hospital or hospice service for information about support groups in your area.



## Resources

[United Hospice Foundation](#)  
800-956-5354

[SC Dept of Mental Health](#)  
800-763-1024 or  
803-898-8591

[National Alliance for the Mentally Ill \(NAMI\)](#)  
800-788-5131

[SC Self Help Assoc Regarding Emotions \(SC SHARE\)](#)  
800-832-8032

[Mental Health America of SC \(MHASC\)](#)  
800-375-9894

[SC Dept of Alcohol and other Drug Abuse](#)  
888-727-7383 or  
803-896-5555

[Federation of Families](#)  
866-779-0402

[Protection & Advocacy](#)  
866-275-7273