



**NL Health
Services**

WESTERN ZONE

Bereavement Services

Grief is...

natural and a normal response to loss. It is not a sign of weakness. It's the suffering felt when something or someone you love is taken away. It is not something to "get over" or "fix" and can feel messy because it doesn't have a timeline. Your grief can be felt and expressed in many ways. Grief is something you live with, and it continues to change over time.

Grief is often associated with the death of a loved one. All losses can cause grief, including relationship breakup, loss of health, losing a job, loss of financial stability, a miscarriage, death of a pet, loss of a dream, a loved one's serious illness, loss of a friendship or loss of safety after a trauma.

If you are in crisis, emergency services are available by calling 911 or visit your local emergency department.



Common and Natural Responses to Grief & Loss...

Emotional Responses

You may feel sad or cry often, anger, easily upset, anxious or worried, afraid, guilty or wish things had been different, lonely, overwhelmed by feelings, relief (especially if the person was sick for a long time), numb or in shock or a strong wish to see or be with the person who died.

Thinking Responses

You may have trouble paying attention or concentrating, forget things more easily, feel confused, find it hard to believe the person has died, think about the person who died a lot, have memories or thoughts that come suddenly, ask questions about life, faith, or why this happened, or have trouble making decisions.

Physical Responses

Your body may feel tired, sleep more or less than usual, feel more/less hungry than usual, have headaches, feel tense or tight in your muscles, have an upset stomach, feel tightness in your chest or throat, feel restless or unable to relax or get sick more easily than usual.

Behavioral Responses

You may want to pull away from others, look for comfort and support from family and friends, stay away from things that remind of your loss, want to talk about the person who died, keep special items that remind you of your loved one close by, visit places that were important to your loved one, make changes in daily habits, cry more often or show stronger emotions than usual.

Spiritual and Meaning Responses

You may ask questions about faith or spiritual beliefs, look for comfort through faith, prayer, or spiritual practices, try to understand the meaning of your loss, think more about life and death, feel angry at God or a higher power or feel a stronger connection to your faith or spirituality.

Social Responses

You may feel alone or like others do not understand, need extra support from family and friends, notice changes in relationships with others, find it hard to join social activities, or feel disconnected from other people's everyday concerns.

*These are common responses people may experience while grieving.
Not everyone will experience all of them.*

Finding Bereavement Support

When experiencing grief, you may feel isolated or like nobody understands what you are going through. It might also be hard to share your feelings with those close to you. That is why it can help to talk to someone who is outside of your situation or has a similar experience.

Bereavement Support Groups – Western Zone

Western Zone - A free in-person 8-week support group is held at WMRH in Corner Brook and is open to any adult that has experienced the loss of a loved one. For upcoming dates or information contact 709-784-5224 or spiritualhealth@nlhealthservices.ca

Provincial – A free virtual 8-week support group is offered by Eastern Urban & Rural Zone and is open to adults living in the province of Newfoundland & Labrador. Contact 709-777-8940 or GriefandBereavement@nlhealthservices.ca for more information.

www.checkitoutnl.ca

www.bridgethegApp.ca

www.mygrief.ca

www.kidsgrief.ca

www.MyGriefToolbox.ca

www.aboutgrief.ca

www.virtualhospice.ca



ADDITIONAL SUPPORTS	CONTACT INFO
Lifewise Warm Line	1-855-753-2560
NL Healthline/Mental Health Crisis	811
Kids Help Phone	1-800-668-6868
First Nations & Inuit Hope for Wellness Line	1-855-242-3310
Qalipu First Nations - NIHB Navigator	1-855-675-5743
The Compassionate Friends	1-866-823-0141
Doorways (walk-in) Counseling services	811 or visit www.bridgethegApp.ca
Workplace Employee Assistance Programs	Contact your employer for info



Ideas to Support Someone who is Grieving

Acknowledge their loss

"I'm sorry that this happened to you"

Acknowledge their grief

"I won't pretend to know what you're going through, but I'm here for you."

Offer to spend time together

"Would you like some company? We could go for a walk."

Support how they need to grieve

"Whatever you're feeling is alright. I'm here even if you don't know what you need."

Be specific with offers of help

"Can I walk your dog? Bring you supper? Watch your children?"

Keep checking in

"Just letting you know that I'm thinking of you."

Know the importance of small gestures

"You're welcome to come over for coffee if you're feeling up to it."

Show you care, follow their lead, and listen

"If you would like to talk, I'm here to listen."

Don't let discomfort stop you

"We don't have to talk. We can just be together."

Adapted from: <https://aboutgrief.ca/resources/>