

let's talk coping with grief



Grief is what we feel after the death of a loved one or big change in our life. It is a natural and normal thing to feel. It helps us think through what has happened. Sometimes we might need help to cope with the changes in our life.

What grief might feel like

- Sadness
- Shame and guilt
- Loneliness
- Frustration
- Anger
- Feeling helpless
- Confusion
- Feeling stressed or anxious
- Fear
- Thinking about dying all the time
- Loss of hope and dreams for the future
- Focusing on lost opportunities
- Not feeling hungry
- Difficulty sleeping
- Headaches
- Trouble focusing, remembering or concentrating
- Not wanting to be around friends and family
- Not taking care of yourself

How to take care of yourself

- Acknowledge the pain you feel is normal
- Talk to friends and family about how you're feeling or join a support group
- Eat well and get lots of sleep
- Ask for support when you need it
- Do not compare your grief to others
- Express your feelings in your own time and way
- Try not to take big risks or make life changing decisions until you are ready
- Know that you won't have all the answers
- Accept help if people are offering it
- Try to get back to a routine but don't push yourself
- If grieving the death of a loved one, remember and celebrate them when you are ready

Grief is a process. There is no right or wrong way
to grieve or a set time that it takes to adjust.

If you or someone else is in immediate danger call 000
or go to your nearest hospital emergency department.

How to help others through grief

Sometimes it can be hard to know what to say to a person who is grieving. There are ways we can be there to support someone through the process.

- **Be a good listener**

Grieving people need to talk about their loss. You can't fix their grief, but you can be there to hear their story and share their journey.

- **Be a shoulder to cry on**

Allow the person to cry with you. Crying helps to release emotions and heal.

- **Be in touch with them**

Visit the person or call. Let them know you've been thinking of them. Write a letter, send an email and remember their special days like birthdays and anniversaries.

- **Be a friend**

Often just being there is all that is needed to support someone who is grieving. Everyone's journey through grief is different and can last a long or short time. Don't be afraid to speak up if you think your friend needs help.

Where to get help

General Practitioners (GPs)

for advice and treatment. GPs also provide Mental Health Treatment Plans and referrals

Specialised mental health clinicians and services

such as psychologists, social workers, mental health nurses or psychiatrists (can be referred by a GP)

Telephone support services

NSW Mental Health Line: 1800 011 511 (24/7)
Lifeline: 13 11 14 (24/7)
Kids Helpline: 1800 551 800 (24/7)
Suicide Callback Service: 1300 659 467 (24/7)
MensLine: 1300 789 978 (24/7)
NALAG Grief Support Service: 02 6882 9222
Beyond Blue Support: 1300 224 636 (24/7)

Online information and counselling services

Grief-specific

National Association of Loss and Grief

(NALAG): nalag.org.au

Grief Link: grieflink.org.au

Good Grief: goodgrief.org.au

Australian Centre for Grief and Bereavement:
grief.org.au

Other

Beyond Blue: beyondblue.org.au

Black Dog Institute: blackdoginstitute.org.au

Head to Health: headtohealth.gov.au

Mental Health Online:

mentalhealthonline.org.au

This Way Up: thiswayup.org.au

Contact
your local
RAMHP
Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns

VISIT www.ramhp.com.au