

Follow-Up Care Can Help You Overcome Your Grief

- Making available a trusted and compassionate person who can be with you to listen to your concerns.
- Providing education about the grief process and what you might expect to happen during your period of bereavement.
- Teaching new ways to cope with the stress of loss and grief.
- Providing help in becoming involved in a new life - seeking out new support persons, groups, groups and activities.
- Simply knowing someone is available in time of need, you may feel relieved and more secure about your situation.

As a Way to Help Yourself,

We Encourage You to Become Involved in These Ways

- Sharing your thoughts and ideas out loud can often help you to gain a better perspective about the meaning and effect of your loss.
- Discussing painful feelings such as despair, anger and guilt is a way to reduce their intensity.