

Who Can Help Me?

Sharing your grief with other people can help reduce your sense of isolation and aloneness that comes with it.

Talking to family and friends, sharing memories and stories, your thoughts and feelings can bring you comfort.

Your local community, church or joining a support group can be a good source of help, however you may also need some private counseling.

Counseling may help you if you feel you are struggling with your grief..

Your counsellor can help you express yourself and learn more about your grief and offer comfort, support and information which you may not have considered.

Your counselor will not tell you how you should grieve, but will help you manage your grief in your own way.

Counseling can also help you years later if you find a particular event has triggered an unexpected feeling of grief and loss.

Support Information

Australian Centre for Grief & Bereavement
McCulloch House - Monash Medical Centre
246 Clayton Rd Clayton
Ph: 9265 2111

The Compassionate Friends - 1800 641 091
24 hour Grief Support

Lifeline - 13 11 14
24 hour Phone Support

Carers Victoria - 1800 242 636

National Association for Loss & Grief

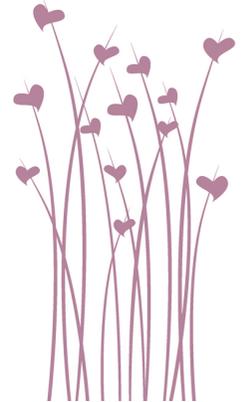
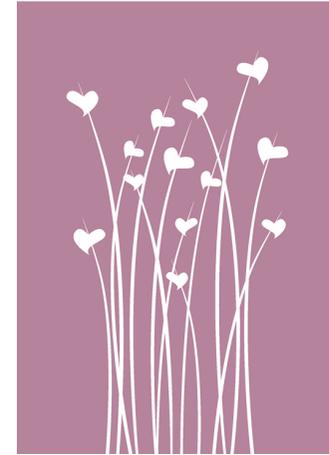
Parentline - 13 22 89
24 hour Phone Support

Griefline - 9596 7799
12noon - 3am



1800 055 311

www.serenityfuneralservices.com.au



About Grief & Loss

What is Grief?

Losing a Loved One can be the most difficult and stressful experience we ever face in our lives. It can come into our family life and cause such pain and grief and can change our life in many ways.

Grieving is a normal and natural human response and is a deeply personal period of sadness, coping and adjustment.

Although grief is an individual process, most of the time we grieve together with our families and friends and others in our social group that can provide mutual support and minimize isolation.

Understanding grief is normal and the unique ways in which we can experience it, can be helpful for the grieving and those who support them.

How do we Grieve?

There is no set pattern or order for those who grieve as the depth and duration can differ for everyone.

Sometimes the variety of feelings and physical reactions can be brief, or can be a lifelong experience.

Some experiences of grief and loss include:

Disbelief - Denial - Shock - Helplessness -
Fear - Crying - Resentment - Panic - Anger -
Confusion - Disturbed Sleep

These responses can be at a level that disrupts the capacity to function and manage day to day living.

The support provided by family and friends is a normal part of the grieving process and can reduce the possibility of ongoing difficulties.

How to Help Yourself

Be aware there is no right or wrong way for you to feel or grieve.

Make an effort to talk to someone you trust about your grief.

Express your feelings of loss through writing, drawing, listening or playing music

Keep yourself active daily in your usual preferred exercise.

Do not be on your own (unless you need to) have visitors or visit family and friends.

Take care of your diet and make sure you have adequate sleep - adopt a pre sleep relaxation routine with meditation or music.

Consult a health professional as soon as you have any concerns about any symptoms related to your grief.

Do I Need Help?

Although grief can be very painful, you will mostly find that the support of family and friends will help you gradually find a way to learn to live with your loss and you may not need more help.

However there may be circumstances in your life which make your grief particularly acute or complicated where considering the help of a professional is required.

These may include:

You feel for whatever reason you need help to get you through.

Your personal relationship has been affected.

You experience panic attacks or have serious depression and anxiety.

You feel the continuing need for alcohol or prescription medications to cope.

You are unable to manage daily tasks or look after you own or your children's health.

You do not feel you have people who can listen or care for your wellbeing.

You have a continuing preoccupation by your grief and continuing depression.

Allow the rainbow of memories to bring a touch of light to your sorrow.