

# NATIONAL GRIEF

*Awareness Week*

## What is grief?

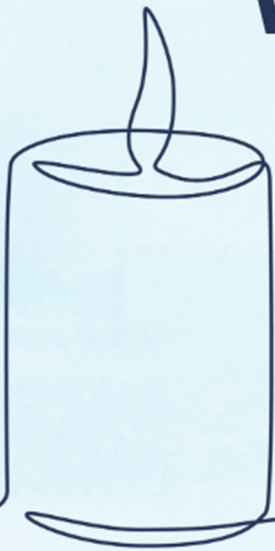
- The emotional, mental, and physical response to a loss.
- A natural process that can include a wide range of emotions.
- It is deeply personal, shaped by the nature of the relationship, cultural influences, and individual coping mechanisms.

*There is no correct way to grieve.*

## What does grief feel like?

Grief comes in many forms such as:

- Sadness
- Anger
- Confusion
- Guilt
- Denial
- Relief



**SAMHSA**

# NATIONAL GRIEF

*Awareness Week*

## How to: Support someone through grief

*Tips for friends, family, and loved ones*

- Listen
- Be present
- Respect their grieving process
- Remain patient
- Offer support throughout their entire grieving process
- Help the person know that all feelings are OK
- Encourage them to use a variety of resources
- Assist with daily tasks, logistics, and planning
- Be honest with children about the loss
- Check-in often
- Show continuous support





# **NATIONAL GRIEF** *Awareness Week*

**Most people process grief with trusted friends and family.**

**People might benefit from more support when they experience very strong and long-lasting grief that makes daily life more difficult.**

**The way that people experience grief depends on many factors such as social, cultural, and religious differences.**



*If you need more help, 988 offers 24/7 judgment-free support for mental health, substance use, and more. Text, call, or chat 988.*

***SAMHSA***