



Living With Grief.

Coping with loss can come with a lot of emotion... Denial. Disbelief. Confusion. Anger. Guilt. Sadness. There's no order to the grieving process, and moods can shift quickly. The intensity and duration of emotions after a loss can cause some people to begin doubting the stability of their mental health.

Losing a loved one is one of life's most stressful events, and can cause a major emotional crisis.

HELPING OTHERS GRIEVE

Share the sorrow. Allow them – even encourage them – to talk about their feelings of loss and share memories of the deceased.

Don't offer false comfort. It doesn't help the grieving person when you say "it was for the best" or "you'll get over it in time." Instead, offer a simple expression of sorrow and take time to listen.

Offer practical help. Baby-sitting, cooking and running errands are all ways to help someone who is in the midst of grieving.

Be patient. Remember that it can take a long time to recover from a major loss. Make yourself available to talk.

Encourage professional help when necessary. Don't hesitate to recommend professional help when you feel someone is experiencing too much pain to cope alone.

HELPING CHILDREN GRIEVE

- Tell the truth about what happened.
- Be prepared for a variety of emotional responses.
- Share information in small bits, answering direct questions.
- Be comfortable saying "I don't know."
- Cry and laugh together.
- Let your child grieve in his or her own way.

Additional resources:

[How to talk to your kids about Death:
An age-by-age guide](#)

[Bereavement and Grief](#)

If you, your child,
or someone you know needs
mental health support, **Mind Springs**
offers crisis and therapy services:
970-887-2179

**If you need immediate crisis help, call
844-493-8255, or text "TALK" to 38255.**