

## Helping someone who is grieving

### **Be a good listener**

Grieving people need to talk about their loss, acknowledge that they have been through a difficult experience. You can't fix their grief but you can be there, hear their story, and share their journey.

### **Be a shoulder to cry on**

Allow them to cry with you, crying helps the release of emotions and this helps with healing.

### **Be in touch with them**

Drop in, call on the telephone and say "I was thinking of you today", write a letter, send an email, remember special days like Christmas, birthdays and anniversaries.

When someone has experienced a loss, there will be big and small adjustments to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

### **Be a friend**

Often being there is all that is needed to support someone who is grieving.

(Adapted from the writings of Doris Zagdanski)

## Contact Us

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### **Telephone Grief Support Line**

**Call 02 9489 6644\*** (\*Call costs will apply)

### **NALAG Centres & Branches (NSW)**

**NALAG Centre for Loss & Grief DUBBO**  
(Same as Head Office)

**NALAG Centre for Loss & Grief MUDGEE**

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**Mobile:** 0448 084 792

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**NALAG Sydney Grief Support Telephone Service**

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## Helping someone who is grieving

# Supporting someone who is grieving

Someone who has experienced a loss can:

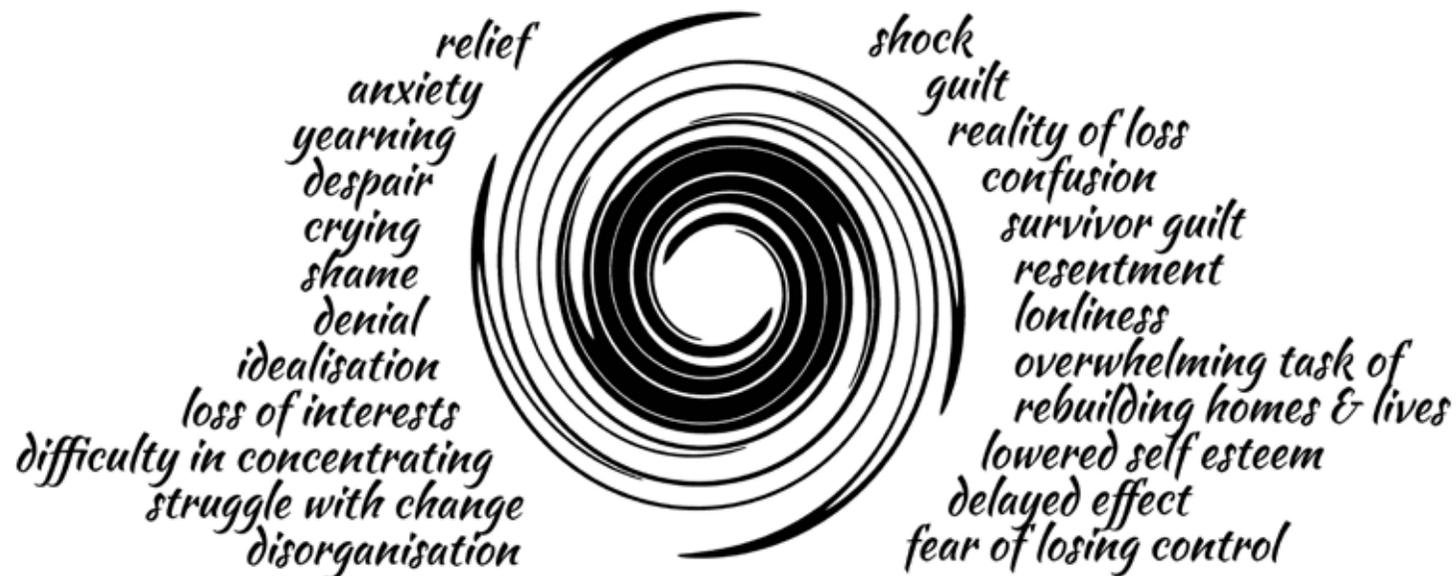
- Feel like being lost in a maze of conflicting emotions.
- Have a sense of losing control
- Be CHAOTIC

This is NORMAL following significant loss. Knowing the experience is NORMAL may not take away the pain, but will increase understanding of what is happening. It is important to know you will recover, that it will get better. There is no right or wrong way to grieve. Grief has no rules.

## Examples of significant losses

- death of a significant person
- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss
- loss of homeland/culture/language
- loss of a pet
- loss of possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/abortion/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness
- loss of dreams/expectations/hopes

## RESPONSES TO LOSS



## PHYSICAL SYMPTOMS

nausea  
tremors  
sweating  
diarrhoea  
headaches  
insomnia