

Check out the following videos on:



http://www.youtube.com/watch?v=MFxwzC5IRa0&feature=youtube_gdata_player

http://www.youtube.com/watch?v=mTkJexE2ic&feature=youtube_gdata_player

Look for great support on-line:



www.hellogrief.org



www.healingthespirit.org/the-healing-garden/



www.griefencounter.org.uk

RD4U

www.rd4u.org.uk/



www.childbereavement.org.uk/for_young_people

Others who can offer you help:

1. Kids Help Phone

www.kidshelpphone.ca

1-800-668-6868

Free, anonymous and confidential phone and on-line professional counselling service for youth.

2. Mental Health Service Information Ontario

1-866-531-2600

Mental Health Helpline provides free information about mental health services in Ontario.

3. Telehealth Ontario

1-866-797-0000

Free, confidential telephone service you can call to get health advice or general health information.

4. Suicide Hot-Line

1-800-784-2433 or 1-800-273-8255

5. Ontario 211

www.211ontario.ca

211 helps Ontario residents find support to be resilient and resourceful, no matter what life situation is challenging them.

6. Bereaved Families of Ontario

www.bereavedfamilies.net

Our affiliates provide a place for you to discuss your experiences and learn about grief with others who have been there.

7. Connex Ontario

www.connexontario.ca

1-866-531-2600

Helpline that provides health services information.

8. Diocese of Hamilton - Family Ministry Office

905-528-7988 ext. 2250 (Teresa)

Provides referrals & offers support

A Teen Guide to Grief ...



... the sun will shine
again

I am holding you by the right hand:
I tell you, "Do not be afraid, I will help you."
(Isaiah 41:10)

Grief Committee: Family Ministry Office
905-528-7988

YOU ARE NOT ALONE

Consider Reaching Out To:

- ◆ Family: parents, siblings, grandparents, aunts, uncles,
- ◆ People at school: teachers, guidance counsellors, social workers, chaplains, child youth worker
- ◆ Others in the Community: parish priest, coaches, neighbours and friends
- ◆ Health Professionals: family doctors, mental health workers, psychologists
- ◆ Someone who cares

Everyone's Grief Looks Different:

- ◆ Remember that everyone grieves at some time, and that everyone experiences grief and loss in their own way.
- ◆ There is no such thing as a typical response to grief. There is only your response.
- ◆ You can't control when grief will happen. There will be ups and downs and good and bad days.
- ◆ It helps when family and friends are there for each other to share the tears, anger, and silences.
- ◆ Counselling and support groups can be tremendously helpful in assisting you to realize you are not alone.

You give yourself permission to grieve by recognizing the need for grieving. Grieving is the natural way of working through the loss of a love. Grieving is not weakness nor absence of faith. Grieving is as natural as crying when you are hurt, sleeping when you are tired or sneezing when your nose itches. It is nature's way of healing a broken heart. - Doug Manning



The same Lord who wept at the death of his friend Lazarus (Jn 11:35), is the same Lord who says, "Blessed are those who mourn, for they shall be comforted."

When Good Grief Goes Bad

Grief is normal for anyone experiencing a loss, but if a person is experiencing difficult grief he/she may need help to see the sun shine again.

| Grief Can Be... | |
|---|--|
| Good Grief | Bad Grief |
| A normal response to a sad loss | Extreme feelings of sadness that persist long after the death |
| Feelings come and go | Feelings worsen over time |
| A rollercoaster of emotions | A very dark tunnel |
| Cry occasionally | Cry all the time |
| Ability to "name, claim and express" feelings | "Stuck" and unable to process feelings |
| Normal patterns of life return | Abnormal patterns of eating and sleeping, lack of interest and concentration persist |
| Hope returns | A feeling of hopelessness endures |
| Feel close to God and others | Feel isolated from God and others |

WHEN SUPPORTING SOMEONE WHO IS GRIEVING

- ◆ Let the person tell you his/her story (perhaps many times)
- ◆ Provide opportunities to talk about the deceased
- ◆ Reassure the person that grief is a normal process after a loss
- ◆ Remember that every person grieves in his/ her own way
- ◆ Allow the person to express grief in his/her own way (providing it is not harmful)
- ◆ Include the person in prayer
- ◆ Show that you care; don't be afraid to show your own emotion and empathy
- ◆ Know that the person will have good and bad days and can't control when either will happen

