

## WILL GRIEF COUNSELING HELP?

*Have you or someone you know experienced the loss of a loved one? Perhaps you have wondered if it would help to talk with someone about your grief and loss. Here's a checklist to see if grief counseling might help. If you answer yes to any of these questions, you or someone you know might benefit from grief counseling.*

- Yes  No      Someone I cared about died suddenly or unexpectedly.
- Yes  No      I have experienced multiple losses.
- Yes  No      Since my loss, my thoughts and emotions interfere with my work or other important areas of my life.
- Yes  No      Since my loss I have experienced a significant financial hardship.
- Yes  No      Since my loss I have a tremendous sense of guilt.
- Yes  No      Since my loss, my appetite and/or weight have changed.
- Yes  No      Since my loss, my sleep patterns have changed.
- Yes  No      Since my loss I have had problems with, or I am concerned about my physical health.
- Yes  No      Since my loss, I am unusually irritable or angry.
- Yes  No      Since my loss, I feel very much detached from others and/or my surroundings.
- Yes  No      Since my loss, I am using alcohol, substances or prescription drugs to try to cope.
- Yes  No      Since my loss, I have developed a pessimistic attitude about the future.
- Yes  No      Since my loss, an upsetting image (or images) keep coming to mind.
- Yes  No      I need more support to deal with my loss than is available to me from my family or friends.
- Yes  No      I believe it would be helpful to talk with someone about the loss I have experienced that I am trying to deal with on my own.

*Four Seasons' Bereavement Department offers individual counseling, support groups and educational information for those who are experiencing grief and loss related to the death of a loved one or someone close to them. Please contact our Bereavement Department at 233-0307 for more information. We are here to help.*