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.

(*Note: We make a differentiation between grief counseling and grief therapy. Grief counseling is an opportunity to talk with a grief professional who is a trained listener to discuss the natural, normal human process we call grief. Grief therapy is done with a certified therapist, usually to help individuals deal with issues that get in the way of or prohibit normal grief.)

__Yes __No  Someone I cared about died suddenly or unexpectedly.
__Yes __No  I have experienced multiple losses recently.
__Yes __No  Since my loss, my thoughts and emotions interfere with my working or other important areas of my life.
__Yes __No  Since my loss, I have experienced 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 unnaturally irritable or angry.
__Yes __No  Since my loss, I feel very much detached from other and/or my surroundings.
__Yes __No  Since my loss, I am using alcohol, substances or prescription drugs 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.

Providence Hospice provides individual counseling, support groups and educational materials for anyone experiencing grief related to the loss of someone close. Please contact our bereavement department at 212-4400 for more information.