

Strategies for Living With Grief After Death of a Loved One

Gather the facts if / when you are ready.

It is common to go over and over what happened in your mind. Some people seek the facts from emergency personnel, the coroner, and witnesses. This may be healing, but it can also be traumatizing. If you do choose to gather further facts, you may want to ask a friend to be with you when you hear this information.

Identify people with whom you are able to be honest and vulnerable.

Usually these are people who won't grill you for details or overload you with their own opinions or 'quick fixes'. You may find that friends who can share in the questions rather than give you their answers are most helpful now.

Talk with others who have experienced a loss.

Sometimes others who have been there or are working through similar tragedies are able to understand your sorrow and aren't threatened by your volatility. Check if there is a support group for griever in your area. You may also search the Internet for relevant discussion groups.

Accept your feelings.

Find helpful ways to express them.

Understand that your grief may be intense and sustained.

You are struggling to come to terms with a devastating death and its impact on your life. There is no 'quick fix' that will lessen your grief or speed up your grief journey.

You may benefit from talking to a professional counselor or crisis line therapist.

Sometimes talking things through with an experienced professional helps. A counselor will provide you with the safety, support and information that you need to fully explore and understand this process.

Funeral & Scene Clean-Up Info

For most current information please go to:
Better Business Bureau
<https://www.bbb.org>

A.D. Valor Technical Cleaning 303-529-4894
<https://valortechnicalcleaning.com/>

Crime Scene Cleaners, Inc.
303-777-0190
<http://crimescene-cleaners.com>

Bio-One (Will work with homeowners' insurance. If a Victim Rights Crime they will not charge.)
720-463-3004
<http://www.biooneinc.com>

A.C.T. Remediation Services
1-888-477-0015
<http://www.actremediation.com>

Biotec Emergency Services
1-888-246-9111
<http://www.callbiotec.com>

Denver Crime Scene Clean
720-316-7522
<http://denvercrimescene-cleanup.com>

Resources

2-1-1 Colorado: (Connects families and individuals to social and community resources.)
www.211.org or dial 211

Alliance of Hope: www.allianceofhope.org

Grief Support Group: <https://grief.com>

Heal Grief: healgrief.org

Judi's House – for children coping with the death
www.judishouse.org

National Suicide Prevention Hotline:
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

SAVE: (Suicide Awareness Voices of Education)
www.save.org

Tru Care:
www.truecare.org

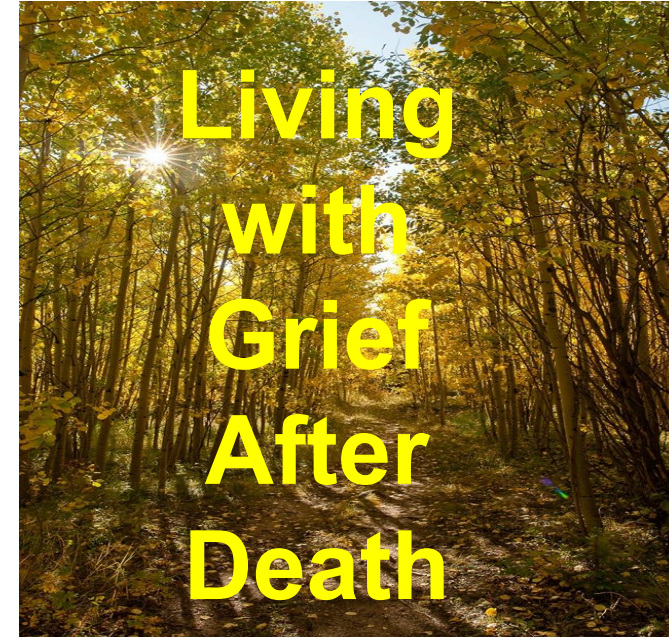


Photo by A. Spetalieri



Gilpin County Victim Services Serving Black Hawk & Gilpin County

Location:

Gilpin County Justice Center
2960 Dory Hill Road, Suite 300
Black Hawk, CO 80422
Phone: 303-582-5926
Office Hours: M-F 8:00 a.m. to
5:00 p.m.

Emergency After Hours Contact:

Contact dispatch at 303-582-5500
Colorado Crisis Services Crisis
Line 24/7/365
1-844-493-TALK (8255)
www.coloradocrisisservices.org

When someone you care about has died, you are not only left with the incredible pain of grief, but also with many questions and a confusing array of emotions.

If this was suicide. It is important to remember that no one thing, person or event leads a person to complete suicide. Many factors led to their decision.

Shock. Disbelief and emotional numbness might set in. You might think that your loved one's death couldn't possibly be real.

Anger. Your anger may be intense. You might be angry with your loved one for abandoning you or leaving you with a legacy of grief — or angry with yourself or others for missing clues about health concerns or specific in case intentions.

Guilt. You might replay "what if" and "if only" scenarios in your mind, blaming yourself for your loved one's death. If this has been a prolonged experience, you may feel guilty that you feel "relieved". You may feel guilty over things that happened or didn't happen in the relationship with the deceased.

Despair. You might be gripped by sadness, loneliness or helplessness. You may want to withdraw from friends and family or not even get out of bed.

Confusion. Many people try to make some sense out of the death, or try to understand why this happened now. If this was a suicide, some people who complete suicide leave a note, many do not. It is important to remember that suicide notes are not written when individuals are thinking clearly.

Fear What your future will look like without your loved one present.

Feelings of rejection. In some situations, you might wonder why your relationship wasn't enough to keep your loved one from making choices that may have jeopardized their health or safety.

Feelings of stigma. Many people have trouble discussing death, and might not reach out to you. This could leave you feeling isolated or abandoned if the support you expected to receive just isn't there. You may also experience a crisis of faith.

Physical feelings. You may experience a range of immediate physical feelings such as increased heart rate, difficulty breathing, nausea, sweats and pressure in your head. Later you may feel increased anxiety or panic, difficulty sleeping, nightmares, loss of interest in usual activities, changes in eating habits, and difficulty concentrating or remembering simple details. It is not uncommon to experience flashbacks, especially if you witnessed or discovered your loved one

Your Immediate Needs

- It is helpful to have an advocate who can assist you in the immediate aftermath. This can be an advocate provided by law enforcement or a supportive friend or neighbor.
- The police and coroner will have to investigate, even if the cause of death is evident. They may need to talk to you about what happened. You have a right to ask questions but some answers may not be known immediately.

- Write down questions as they occur to you. In the confusion of the moment, you may quickly forget. Writing down tasks to be done in the wake of the death may also help you to remember. Law enforcement victim advocates can provide resources to assist you.
- Your self-care is vital and it will be easy to overlook. Stay hydrated. Eat something, no matter how little. Rest and try to sleep. Avoid the desire to numb yourself with alcohol or drugs. It may feel better in the short term, but may cause more problems down the road.
- Having access to a non-judgmental and supportive network of people will help. If necessary, seek out support groups, mental health professionals, or on-line grief resources

It is important not to expect too much of yourself in the early stages. You may not have the energy or motivation to live your life in the same way as before.

When it comes to grieving many times, people cut their grieving time short because they believe it is time to "move on." There is no set time for grieving, and you should allow yourself all the time you need to grieve.

Some people find it helpful to acknowledge their lives will never be the same again. It has been described this way by one:

"You will never be the same again, you will never get over it, but you will have a life again, you will wake up in the morning and feel good. You will start to make plans for the future. At some point, life will feel normal again; not the old normal, the new normal."