

Grief



Grief is the normal response of sorrow, heartache, and confusion that comes from losing someone or something important to you. Grief can also be a common human response after a disaster or other traumatic event. Grieving is a part of life and there is no right way to grieve and no timeline- everyone is different.

What Are the 5 Stages of Grief

There are 5 commonly agreed upon stages of grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

No one goes through these stages the same. There is no order. And everyone takes a different amount of time to work through their grief. There's no "normal" amount of time to grieve. Your grieving process depends on many things, like your personality, age, beliefs, and support network. Type of loss is also a factor. A young person will experience a loss differently than an adult.

Coping with Grief

There are many strategies for coping or managing your grief.

- Accepting your feelings
- Allowing yourself time to grieve
- Taking time for yourself
- Looking after yourself- including exercise, nutrition, sleep hygiene, and staying connected
- Finding your own healthy way to say good bye
- Allowing yourself to be happy.

If you are unable to move forward or stuck in the grieving process you might be experiencing Traumatic Grief. If you feel this could be you, or you would like more information you can find help through the resource listed below.

Finding the Positive After a Loss

- Try to see your experience as strength
- Learn from others
- Look for opportunity amid diversity
- Remember the good times
- Do what makes you happy
- Find ways to honor your loss
- Don't be afraid to get help

<https://www.mhanational.org/finding-positive-after-loss>



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If you are experiencing grief, try not to stress too much about what's "normal". Everyone goes through grief differently and should be able to grieve at their own pace and in their own way.

Where to Find Help

If your grief is continuing for a long time, is very upsetting or is stopping you from getting on with life, or you are grieving for someone who has died by suicide then it's important to get help. Getting the right support can help you get back on track sooner and help you to learn to live with your loss.

Local Resources

Western CT Mental Health Network - Danbury Area
(203)448-3200

portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury

Connecticut Counseling Centers, Inc.
(203) 743-7574
ctcounseling.org

Community Health Center
(203) 797-8330
chc1.com/locations/danbury/

Danbury Hospital - Community Center for Behavioral Health
Phone (203) 791-5187
danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - preventsuicide.org

NAMI Connecticut - namict.org

National Resources

National Suicide Prevention Lifeline at 1-800-273-TALK

Crisis Text Line - Text CT to 741-741

SAMHSA's National Helpline - 1-800-662-4357

<https://store.samhsa.gov/product/Tips-for-Survivors-SMA17-5035>

<https://www.webmd.com/balance/normal-grieving-and-stages-of-grief#1>

<https://www.mhanational.org/finding-positive-after-loss>

<https://headspace.org.au/assets/Uploads/Resource-library/Young-people/Grief-web.pdf>

