



Improving the mental health of the community through awareness, advocacy, and support.

Mental Health America of Northeast Florida

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Also look for us on Facebook and Twitter

If you or someone you know is in crisis now, seek help immediately.
Call United Way crisis center **211**. Or dial **911** for immediate assistance.



Coping with
GRIEF & LOSS 



We all have something
special to give.





Did you know: While grief is a natural response to loss, coping with the death of a close friend or family member is one of the hardest things you will ever go through in life. Remember, everyone grieves differently and it will get easier as time moves forward.

WHAT IS GRIEF & LOSS?

Grief is what you feel when you lose a loved one. And while loss is a natural part of life, the death of someone close to you can lead to shock, confusion, prolonged periods of sadness, and even depression. There are different stages to loss. After the death of someone you love, you experience bereavement, which literally means, “to be deprived by death.” Other emotions you may experience include:

- Denial
- Disbelief
- Confusion
- Shock
- Sadness
- Anger
- Humiliation
- Despair
- Guilt

There is no right or wrong way to grieve. Strong emotions are normal and a common reaction to loss. You may not be prepared for the intensity and duration of your emotions, or for how swiftly your moods may change. You may

even begin to doubt the stability of your mental health. But be assured, these feelings are healthy and appropriate and will help you come to terms with your loss.

HOW TO COPE WITH GRIEF & LOSS?

It takes time to fully absorb the impact of losing a loved one, but allowing yourself to grieve is vital to your mental health. There are many ways to cope effectively with your pain, including:

- Seek out caring people who can understand your feelings of loss
- Express your feelings
- Take care of your health by eating well and getting plenty of rest
- Accept that life is for the living
- Postpone major life events such as moving, remarrying, changing jobs, or having another child
- Be patient in absorbing your loss and accepting that life has changed
- Seek outside help when necessary by contacting a medical professional



HOW ARE YOU FEELING?

MHA offers online screenings to help identify symptoms, and to find the help you need to feel your best and healthiest. To learn more about our screenings, visit the MHA website at www.mhajax.org. Our screenings are confidential, online, and will take just a few minutes of your time.