

On Grief and Healing:

Your Journey Through Loss



Including a Special Look at
GRIEF AFTER SUICIDE





Tamarack Grief Resource Center strengthens and honors individuals, families, and communities throughout their journey with grief.

Grief Support • Grief Education • Counseling

Tamarack Grief Resource Center (TGRC) is Montana's most comprehensive grief center. During times of loss and trauma, individuals can benefit from connections with understanding others as they reconstruct their lives. TGRC provides counseling, school-based programs, grief camps and retreats, and workshops designed to mitigate negative outcomes following trauma and loss. With over two decades of experience designing and implementing therapeutic programs and over 100 grief camps and retreats under our belts, TGRC is the region's hub for specialized, quality grief support and education.

**Missoula • Kalispell • Browning
MONTANA**

(406) 541-8472

www.TamarackGriefResourceCenter.org

Table of Contents

What is Grief?	3
Why Grieve?	5
Tasks of Grief	5
What to Expect	7
Healing Grief	11
Supporting Grieving Kids	12
Supporting a Grieving Neighbor or Colleague	15
Supporting Grieving Family Members and Friends.....	16
Traumatic Grief Responses	17
Healing After Suicide	18
Suicide	20
Suicide Warning Signs	20
What to Do	21
Multicultural Considerations	22
Grief Resources	24

As part of our commitment to strengthen and stabilize individuals and families after loss, this booklet was created by Tina Barrett, Julie Ballew and Molly Pickett of Tamarack Grief Resource Center with guidance and support from the Suicide Prevention and Support Network, including: Chaplain Chuck Lee, Missoula County Sheriff's Department; the Suicide Prevention Program of the Missoula City-County Health Department; and Rusty Dague, Survivor and Community Liaison. This booklet is our gift to you. May it offer you a little hope and understanding along your journey.

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This booklet is likely in your hands because you have experienced the death of someone close to you or because you are supporting someone who has. Your world has forever changed.

The thoughts and tips in this booklet are those of others who have journeyed with grief. Our hope is to be able to offer you bits of comfort and guidance as you face life after loss. The following pages highlight some ideas about grief, coping, trauma and suicide as well as offer resources that may help your healing process.

WHAT IS GRIEF?

Grief is a natural yet complex response to loss of any kind. These losses may include:

- Death of someone close to you
- Family relationships
- Financial security
- A home and/or a community
- Familiar routines
- Friends
- Support
- Faith
- Feelings of security or safety
- Peace of mind
- Hopes and dreams
- Death of a pet

The death of a loved one is perhaps one of the most devastating losses. Grief following a death is also referred to as bereavement.

Grief is a complicated process guided by our past, our religion, our socioeconomic situation, our physical health and the cause of the loss.

Our role models, our personality, and our culture all influence how we grieve. Love, anger, fear, frustration, loneliness, guilt, and relief are all a part of grief. Expressing your grief is not a sign of weakness. As we love deeply, we grieve deeply. We also grieve the disruption of life as we know it, including loss of hopes, plans, and dreams.

Grief is a long process, full of ups and downs. It often takes longer than we wish it did, and longer than society usually allows. Try to be patient with yourself. Each person's grief is unique, and no two people grieve in the same way. Some people cry and some do not. Some want to sift through photos and share stories, while for others that is not helpful. Some put energy into work and "getting things done," while others find it hard to motivate. There is no right or wrong way to grieve. The challenge is giving yourself and/or your loved ones permission to each grieve in your own unique ways.

Unfortunately, some people are not comfortable with grief. Some friends and family may feel uncomfortable around you. It is not uncommon for them to want to help in some way, yet also feel that they do not know how. They may feel unsure of what to say or do, and could even invalidate your experience of grief unintentionally. While you may feel pressure to present as independent and strong, it can be helpful to let others know what you need. Help those you trust be supportive by being as clear as you can about your experiences and needs. It also may be helpful to let your support systems know whether or not you want to talk about your loved one. Try to be specific about ways people can support you. Some examples may be: "It would be helpful if you mowed my lawn once or twice," "I would love it if you could watch the kids for a few hours," or "I would like to go to the grave but not alone, will you come?"

Together we are stronger.

WHY GRIEVE?

Although it is natural, grief is also tricky. Grief can zap your motivation, making it hard to function, which ultimately may impact your quality of life. You deserve to honor your loss and to reinvest in life. You can do this by grieving your loss in your way. Though grief is not something you will ever get “over,” it is possible to honor the loss and life of your loved one and ultimately to re-experience hope and meaning in life.

TASKS OF GRIEF

It would be nice if there was a clear guide or map for how to navigate grief. Unfortunately, grief is different for every person and for each loss. Although there are no clear steps or stages, there are some general tasks that most people find important as they journey with loss.

1. Accept the reality of the loss.

Your first reactions to loss may be shock and disbelief. These are normal responses that help us cope with the impact. Accepting the reality of the loss does not mean that the loss is acceptable. It means you are able to acknowledge the loss.

2. Experience the emotions.

Each person has their own response to loss. Your experience may or may not include some degree of sadness, anger, guilt, regret, fear, relief, despair, and loneliness. It is also common for people to describe feeling “numb” following the death of someone significant in their life.

3. Shift the relationship.

A death ends a life, not a relationship. We know how to love or relate to those we hold dear to us as we move through life, even if they are

not always physically present with us. Our task is to explore how to honor that relationship with someone who is no longer alive, and to find ways to gain strength and move through our days. This task encourages us to adjust to new roles and explore how we can create ways to honor the loss and still experience connection.

4. Adjust to a new role and new views.

The death of someone close to us rocks our everyday world. The task is to work toward creating a new normal. This may involve creating new routines, acquiring new skills and finding new sources of support.

5. Re-engage in life.

Given that this significant loss has occurred, another task is to figure out who we want to be and how we might live that out. Part of grief is also continuing with life. This task highlights the value of investing time and energy in activities that are important to you. You may spend time at work or school, or doing things that make you feel healthy and alive.

These tasks are not in any order. As days and years pass, the feelings will become less intense. While the loss is always there, memories can shift to bring a bittersweet smile to your face as you recall relationships you hold dear.

May you surround yourself with supportive others throughout your journey.



WHAT TO EXPECT

Grief in the Body: Following loss, it is common to feel body aches and pains, as well as to be tired. You may even feel hungry all the time or find you have no appetite. Many people describe stomach trouble, headaches, chest pains and tightness in the throat or chest.

Tips:

- Work on getting adequate sleep.
- Maintain a balanced diet and drink plenty of water.
- Avoid the use of drugs or excessive alcohol.
- Incorporate exercise or time outside into your daily routine.

Grief Behaviors: You may find yourself crying, having difficulty sleeping (or wanting to sleep all the time), eating differently, and/or experiencing sexual difficulties following a loss. You may find you are short on energy, and/or find it hard to concentrate or make decisions.

Tips:

- Take some time to make decisions. Consider what needs to be decided today and what can wait.
- Ask for help when making life changes.
- Be patient with yourself.
- Allow your routines to be different.

Grief Emotions: Many different emotions can arise as you grieve, or you may find you do not feel much at all. Sadness, loneliness, anger, guilt, relief, despair, and confusion are all common. Anger may be directed toward yourself, your spouse, your children, a higher power, God, or others. Real or imagined guilt surrounding loss is a normal part of grief. Sometimes, guilt is portrayed through thoughts like: “If only I would have” or “I should have.”

Tips:

- Allow yourself to be where you are emotionally, as long as you are not hurting yourself or others, it is probably okay.
- Express your feelings if that is right for you.
- Work with someone you trust, such as a grief specialist, chaplain, counselor or clergy to work through guilt and other emotions.

Psychological Grief: There are many ways that our minds respond to the death of a loved one.

- You may feel preoccupied with your loved one or the details surrounding the death.
- You may “see” or “sense” your loved one’s presence.
- Your thoughts may not be logical.
- You may experience memory loss.
- You may experience dreams, daydreams, and/or hallucinations about your loved one.
- You may find yourself thinking of the deceased as a hero or a perfect person.
- You may feel depressed and wonder if you have anything left to live for; or you may imagine joining your loved one in order to escape the pain you are feeling.

Tips:

- Be honest with yourself and others about what you are experiencing and feeling.
- It might help to talk with someone about your loved one.

- Seek help from an empathetic friend, family member, hospice volunteer, physician, spiritual leader or professional counselor.

Spiritual Grief: Healing involves finding hope and meaning in life. Hope and faith may seem distant for a while following your loss. If you follow a religious tradition, you may find comfort in the beliefs and rituals that your religion offers. On the other hand, you may discover that past belief systems and spiritual activities are no longer offering you the faith or guidance that you experienced before your loss.

Tips:

- Try to surround yourself with safe supports who offer you strength throughout your healing.
- Some people want to share and some people do not, either way is okay.
- Rituals and traditions may help you find meaning within your spiritual beliefs.
- If you are questioning your faith in the wake of the loss, it may help to talk to a trusted friend, grief specialist, clergy member or others in your community.
- Create time to participate in activities that help you feel stable, such as meditation, prayer, going to church, exercise, and being outdoors.

Social Grief: Friendships and support systems can shuffle during times of grief. You may find that some friends become either more or less supportive. Family relationships may also experience shifting roles. Sometimes unexpected acquaintances or neighbors can be very helpful and understanding. People who have experienced a similar loss can often provide valuable understanding. It may be necessary to “set the rules” and let those around you know what works best for you. You may find yourself being more sensitive to people, comments, and situations around

you. You may find that you want people around you or you may want to pull away from family and friends.

Tips:

- Continuing existing routines or patterns if that feels best.
- Practice allowing yourself to accept the kindness of others.
- Interact socially with others and make new friends when it feels right for you.
- Give yourself permission to join social activities on your own terms, when it works for you.
- Feel free to set limits and attend a function or activity for a very limited amount of time with those who you wish to be with.
- Deliberately surround yourself with others who offer comfort and strength, and allow yourself space from those who do not.
- Participate in grief support groups—a place that you can find connection with other understanding people experiencing loss.

Financial Impacts of Grief: A death often leads to financial stress as medical and funeral expenses pile up. The death of someone who brought income into the home or helped care for the children can lead to significant challenges. In addition, your own productivity may or may not be temporarily decreased.

Tips:

- Accept help without strings attached, such as help with meals, expenses, and family savings if it is offered.
- Make financial decisions with someone you trust or a financial advisor.

Daily Logistics: Managing the mail, phone calls, and voice messages may seem overwhelming, especially as messages come in for your loved one. This may be both very painful and hard to handle in the beginning. You may need to change names on checks, personal voicemail recordings, and mailing addresses. This does not have to happen immediately and you may want to take time deciding how you want to address these matters.

This can be particularly challenging if you have not been the one in this role in the past.

Tips:

- Seek help and advice from those surrounding you.
- Allow yourself to simplify and decide what absolutely has to happen now and what can wait.
- Let others help with logistics, making sure that you get to decide how long you would like a certain voice on your voice mail or name on your checks.

HEALING GRIEF

1. **Give Yourself Permission to Have Emotions.** You do not have to present yourself as brave. It is okay to cry. This applies to all men, women, and children. Strong people can and do cry.
2. **Give Yourself Permission to Grieve in Your Own Way.** Share your grief with a trusted support person if that is what feels right for you. Grief is a personal and individual process, and what feels right for you may not be a fit for someone else.
3. **Allow Time for Work and for Grief.** Do purposeful work that engages your mind, yet carve out time to honor the loss of your loved one.
4. **Take Care of Yourself.** Bereavement can impact your health. Currently, you may feel like you do not care. However, it is important to continue caring for yourself.
5. **Eat Well.** Your body needs water and nourishment as you deal with the emotionally and physically taxing work of grief.
6. **Exercise.** Exercising can help decrease feelings of depression. It may also help you sleep better. Physical activity is recommended 15-45 minutes per day, 3-5 days per week. Something as simple as taking a walk can be helpful.

7. **Process Feelings of Guilt.** Guilt can be a heavy load to carry. Whether it is real or imagined, exploring guilt with a professional may be beneficial.
8. **Accept Your Own Journey with Grief.** Accepting your loss is a process. It is okay right now to be wherever you are in your experience.
9. **Join Support Groups.** It can be helpful to be around others who understand. Although you may feel nervous about trying out a new group, most people say it was one of the most helpful parts of their healing.
10. **Seek Your Own Balance.** Time with good friends and time to be alone can both be beneficial. It is okay to set your own limits on what works for you.



SUPPORTING GRIEVING KIDS

Children grieve differently than adults:

1. **Grief Bursts:** Children often move between emotions very quickly. They may shift from sad to happy to demanding to silly within a short period of time. They may present as very matter-of-fact as they try to make sense of what has happened, or may even seem unaffected.
2. **Importance of Play:** Kids make sense of their world and find meaning through play. Give them opportunities for expression that does not involve words, but rather imaginative play, drawing, movement, and games.
3. **Youth Development:** Young people simply do not understand death the way adults do. Instead, as they grow, they become more

aware of what death means. As they reach new levels of understanding throughout childhood and adolescence, they re-grieve.

While there are no set ages and stages, the following outlines common grief responses and highlights what you as the adult can do to help your child grieve.

Ages: 0-1 years

Common Responses: Infants live through their senses and long for the smell, feel or sight of someone close to them. Babies who grieve may become agitated, thrash, cry, or may become sick.

Tips:

- Provide lots of physical contact.
- Keep familiar routines with food, sleep, etc.
- Provide reassurance to your child. If you feel frustrated or overwhelmed, find someone who can calmly hold them and care for them to give you a break.

Ages: 2-5 years

Common Responses: When young children hear that someone died, however, they may think that death can be reversed or that the person may return. A child may not directly understand cause and effect, which can lead to confusion and fears. For instance, if Grandma died in her sleep, a child may be concerned about sleeping. Nightmares and changes in sleep and eating routines are common at this age. Themes of death may become more common in their play.

Tips:

- Be very simple and clear about the death.
- Allow for repetitive questioning and continue to answer these questions.
- Maintain routines and structure.
- Allow for wave-like spurts of grief.

Ages: 6-10 years

Common Responses: Children this age often show their grief through their bodies and play. They are beginning to understand the irreversibility of death, though are still unable to grasp the concept of “time.” They watch how adults in their lives grieve as they come up with their own responses.

Tips:

- Answer questions honestly as the child seeks information.
- Clarify confused thinking around death using clear and simple language.
- Share your grief, and model healthy outlets for grief with your child.
- Find peer support groups where they can meet understanding friends.

Ages: 10-13 years

Common Responses: Pre-adolescents swing between their peer groups and family for support. Emotions run high in this stage of life because of the onset of puberty.

Tips:

- Convey the message, “My door is always open”, and be available without pressure.
- Expect increased emotions or anxiety.
- Understand that they prefer not to look or feel vulnerable. Help them understand what decisions and choices they have control over.
- Encourage physical outlets.
- Encourage peer support groups.
- Grief is exhausting and can make it hard to function. It is not uncommon to see children this age struggle with schoolwork. Work with teachers to modify expectations as needed.

Ages: 13-19 years

Common Responses: Adolescents, by nature, are striving to become independent from their families. They rely heavily on their friends for

support. Unfortunately, peers often have not experienced such profound loss and may not have positive ways of coping with stress. This can result in increased risk-taking or harmful behaviors. Appetite, sleeping patterns, and interests may also change.

Tips:

- Be honest with your teen.
- Be available.
- Do not attempt to take grief away.
- Allow for choices in expression of grief.
- Look for physical and emotional outlets, such as sports, dance, choir, drama, etc.
- Encourage connections with understanding people who may not be immediate family.

Involving Youth in Memorials:

Offer to include the child in significant processes around the death. Invite them to be a part of rituals and memorials with opportunities to decline as well.

Tips:

- Give your child choices about whether he/she wants to attend the memorial. This is important regardless of age.
- Prepare your child for what to expect—explain the language around the memorial, who will be there, what they may be wearing, how people will be acting and expectations of how he/she should behave.
- Pair your child with a support figure.
- Trust and allow the rapid change of emotions that your child may experience at the memorial.

SUPPORTING A GRIEVING NEIGHBOR OR COLLEAGUE

When you encounter a neighbor, colleague or friend who has lost a loved one, it can be hard to know how to respond.

Tips:

- Listen. Often times it can be awkward and hard for the person grieving to talk about his/her loss; however, by offering to listen, you are offering a gift. They may not take you up on it, but if they ever do want to talk, they will know you are there.
- You cannot fix it. Just being there to support them is enough.
- Avoid saying things that minimize the experience:
 - “Do not feel that way”
 - “At least...”
 - “I know exactly how you feel...”
 - “Time heals all wounds...”
 - “It has been quite a while, aren’t you better yet?”

- Ask the grieving person what they need. They may not know, but they may, and are just waiting for someone to ask or offer support.
- Offer specific help.
- Be empathic, listen, extend compassion and recognize the emotions of the other.
- Do not avoid the grieving person or be afraid to mention their loss. “I am sorry” can go a very long way.

SUPPORTING GRIEVING FAMILY MEMBERS AND FRIENDS

If someone in your family or friendship circle experiences a death, there are several things you can do to be supportive.

Tips:

- Consider your personal grief history and how it influences your perspective on loss. Ask yourself if you have any biases.
- Be careful not to assume that your friend or family will feel exactly as you do now or like you did in a similar situation.

- Follow the lead of the grieving person. The person experiencing the loss will give vague guidelines about how they want to express themselves.
 - Do not be afraid to ask about their loved one or speak their name.
 - Listen attentively.
 - If the friend is not talking about loss, don't assume the loss has not affected them.
 - Reach out and show affection. Let them know they are loved and cared for.
 - Offer your presence and support as the person experiences their individual grief response.
 - Do not be afraid to express your own feelings and memories if you have them.
-
- Encourage your family member or friend to share their memories and feelings.
 - Track and honor significant dates and holidays.
 - Be honest and loving in responding to questions or conversations.
 - Provide opportunities with your family member or friend for silence, talk, creative outlets, movement, etc.
 - Offer help in a way that is specific (i.e. "Can I walk the dog or help with shopping?").
 - Allow time to grieve, then more time.
 - Provide resources for support groups.
 - Allow and encourage questions.
 - It is okay not to have answers.

TRAUMATIC GRIEF RESPONSES

Following trauma or traumatic loss, a child or adult may experience:

- Intense fear
- A sense of helplessness
- Increased sensitivity

- Reliving or re-experiencing the situation
- Trouble falling or staying asleep
- Trouble with concentration
- Anger outbursts

Often times, grief and trauma responses can have overlapping qualities. It is not uncommon for grief symptoms to resemble trauma in many ways. Many individuals, especially children, can experience traumatic responses regardless of the cause of death.

HEALING AFTER SUICIDE

- Be patient and gentle with yourself as you navigate this journey.
- “If it is unmentionable, it’s unmanageable.”— Maria Trozzi. Think about how you want to explain the death to others. Seek help from a grief specialist, spiritual advisor, or caring other to help you decide how you would like to tell your story.
- Ask for details or information that is helpful for you.
- Expect the unexpected. You may respond to things in ways that are not typical for you.
- Your usual coping skills may fall short in the face of tragedy. Stretch yourself to try new outlets. Some people have found art, writing, music, faith and/or being surrounded by nature to be healing.
- If recurrent tragic images are overwhelming you, consider seeking the assistance of a mental health professional.
- Guilt is a heavy emotion and people may want to take this burden away from you. You deserve professional support to help grapple with intense guilt and the “what ifs.”

- If you feel so inclined, give yourself permission to laugh. Laughter can be healing and does not imply that you do not care deeply.
 - Find ways to mark special dates that work for you. There are many ways to honor you, your grief and/or your loved one.
 - Give yourself credit for every step you take.
 - This part of your journey may not always be graceful. Scream, yell, cry—do what works for you. As long as you are not hurting yourself or others, it is probably okay.
-
- It is not uncommon to experience feelings of abandonment and anger about being “left.” Support Groups can be incredibly beneficial, especially for suicide survivors. A group experience can help foster connections with others who “get it.” Together we are stronger.
 - Even when it feels impossible to survive, believe that you can.

***The lens through which you view life has been forever altered,
but remember that you are more resilient than you know.***



SUICIDE

For every completed suicide, many lives are impacted. These survivors may experience their own thoughts of suicide and deserve support.

WARNING SIGNS

In over 70% of completed suicides, there were warning signs. Suicide is not caused by one single thing. However, the following can be warning signs:

- Threatening to kill or hurt oneself
- Feeling hopeless and/or helpless
- Withdrawing from others
- Noticeable changes in moods, eating, and sleeping

- Lack of optimism about life and living
- Talking about suicide or death and dying

WHAT TO DO

- **“I care about you and want to help.”** Express hope.
- **“I am not going to leave you alone.”** Stay with them and remove access to guns, drugs, sharp objects, etc.
- **“It sounds like you are in a lot of pain.”** Talking about suicide does not cause suicide. You will not be giving them the idea.
- **“I am going to get others involved because I don’t want you to hurt yourself.”** Connect them to friends, family, their mental health provider, additional support, and/or contact 9-1-1.
- **“You deserve support.”** Offer to call the suicide prevention lifeline.

Montana Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Multicultural Considerations

Culture is comprised, in its broadest sense, of what a group of people do every day, the way they think and talk and live and interact with each other. There is a remarkable diversity among Native people, both at the individual and tribal levels. There is no shortcut to grasping any aspect of Indian Country. With that being said, the following are some considerations:

Asking questions:

- It's ok to ask questions like, "*How did you learn what grief is?*" or, "*What was your first experience with loss and grief?*" and, "*How / when did you learn to respond to loss the way you do?*"
- Don't ask questions like, "*How did your culture teach you to grieve?*" or "*How did your people traditionally grieve?*"
- Asking questions that start with assumptions regarding the current influence of traditional behaviors, or cultural knowledge on the part of the client are not helpful, and stand the chance to alienate your client from you.
- **Personal Biases:**
 - Interacting with Native people may, at times, bring your own biases into clear view.
 - Take this as an opportunity to become more aware of your beliefs, and cultural influences.
 - Consider the complicated ways your own influences and personality interact with those of your clients'. Where might there be gaps or middle ground?
- **The unique expression of grief:**
 - Each person's grief is unique, even within the same culture.
 - Follow the lead of the language that is being used.
 - It is not beneficial to assume that because someone comes from a particular culture they adhere to traditional tribal beliefs.

- Contemporary Native cultures are a complex mix of thoughts and behaviors resulting from tribally-specific histories and various Western traditions.
- **Increase your awareness:**
 - Become familiar with the history and significant milestones—both cultural and political—of the particular people you are working with.
 - Ask questions and be upfront about your lack of knowledge. This is often seen as a sign of respect and can help develop a trusting relationship.
 - Seek clarification about the client’s relationship to the deceased.
- **Integrate Humor:** Humor and laughter are healing.

The more open and genuine you are, the more that people in your care will begin to feel safe.

Ideas compiled by Sienna Speicher and Sterling HolyWhiteMountain.

We are committed to supporting our community members. The actual cost of “On Grief and Healing: Your Journey Through Loss” booklets is \$2. If you are in a position to help offset these costs, please consider a tax-deductible donation to TGRC.

GRIEF RESOURCES

Tamarack Grief Resource Center (TGRC)

Offering grief support and education for youth and adults including groups, camps, counseling, and workshops.

405 S. 1st St. W., Missoula, MT 59801

(406) 541-8472 (Missoula, HQ), (406) 261-0724 (Flathead),

(406) 239-8472 (Browning)

www.tamarackgriefresourcecenter.org

Community Resources:

Montana Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.prc.mt.gov/suicideprevention

Missoula:

Healing Hearts for Moms

Judy Peterson (406) 549-8482

Yvonne Nelson (406) 273-6627

Hospice of Missoula

800 Kensington Ave. #204, Missoula, MT 59801

(406)-543-4408

www.hospiceofmissoula.com

Partners Hospice and Palliative Care Services

2687 Palmer St., Missoula, MT 59808

(406)728-8848

www.parntersinhomecare.org

Rocky Mountain Hospice

2409 Dearborn Ave., Missoula, MT 59801

(406)-549-2766

www.rockymountainhospice.com

Browning Resources:

Good Medicine Program-Mental health services, education, and support in Browning Public Schools
(406) 338-2715

Indian Health Service Behavioral Health- Mental health services, crisis response, etc.
(406) 338-6146

Northern Winds Recovery Center- Mental health services, after school and summer programs, day treatment for youth and adults, etc.
138 East Boundary St, Browning
(406) 338-5558
<http://nwrecoverycenter.wixsite.com/nwrc/contact>

Flathead Valley Resources:

A Plus Healthcare
1310 S Main St, Kalispell
(406) 755-4968
<http://www.aplushc.com/index.php>

Frontier Hospice
42 Bruyer Way, Kalispell
(406) 755-4923
<http://www.frontierhhh.com/kalispell/>

SOLAS-Surviving- Our Suicide Loss support group. First Tues of every month from 7-8:30

Summit Conference Room- 205 Sunnyview Ln, Kalispell
(406) 871-1008

Nate Chute Foundation
info@natechutefoundation.org

Online Resources:

Open to Hope Foundation

www.opentohope.com

American Foundation for Suicide Prevention

www.afsp.org

The Compassionate Friends

PO Box 3696, Oak Brook, IL 60522

Toll Free 877-969-0010

www.compassionatefriends.org

Grief Books:

“Lessons of Loss: A Guide to Coping” by Robert A. Neimeyer

“Catching Your Breath in Grief” by Thomas Attig

“After Suicide Loss: Coping with Your Grief” by Bob Baugher and Jack Jordon

“Why Do People Die?” Helping Your Child Understand with Love and Illustrations by Cynthia MacGregor

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Helpful Phone Numbers/Notes:

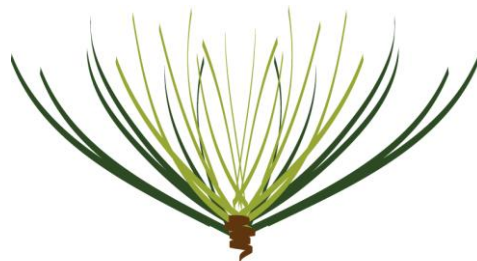
Helpful Phone Numbers/Notes:

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Healthy People. Healthy Communities.

Department of Public Health & Human Services



Tamarack

GRIEF RESOURCE CENTER

www.TamarackGriefResourceCenter.org

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