

# GRIEF AND LOSS

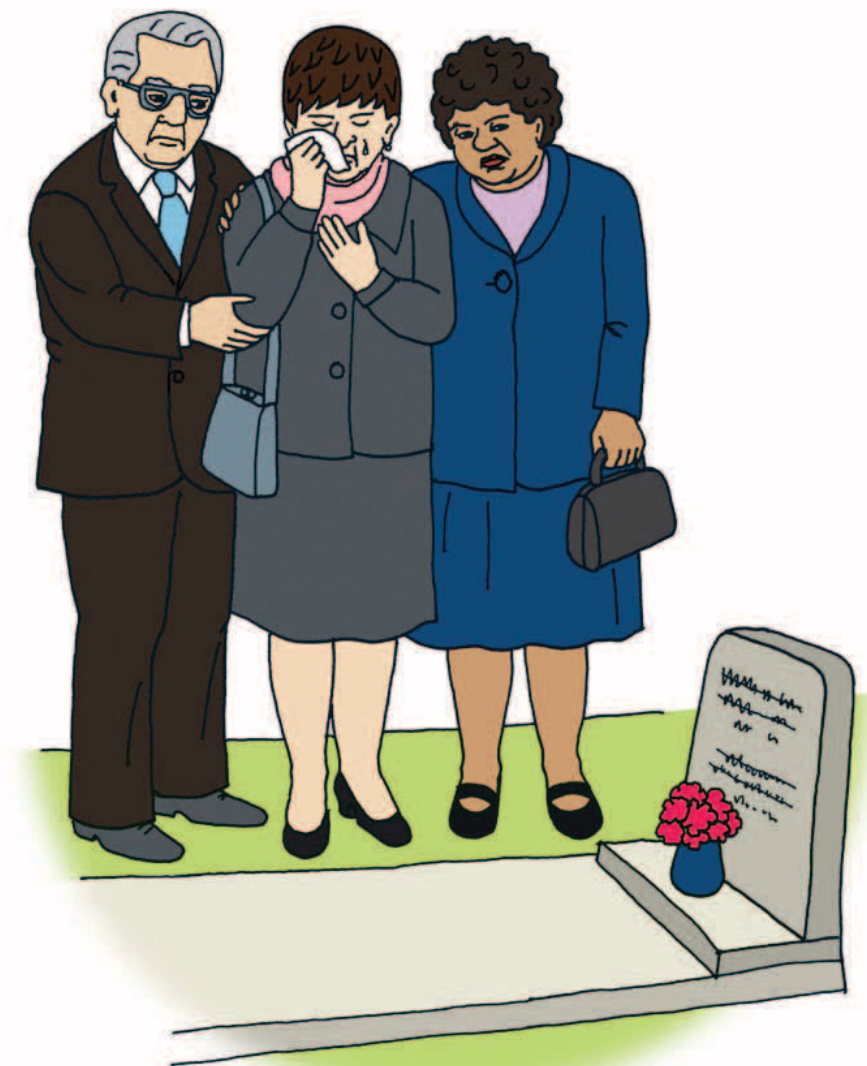
## What is grief

Grief is a feeling of deep sadness that can last for many months after the loss of someone or something you love.

Grief is part of life but it can be very difficult.

It can happen for lots of reasons. It may be when:

- a person you love gets sick or dies
- you get sick or injured
- you move to a new place to live
- friends move away
- carers leave
- you stop work
- your pet dies.



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## How grief feels



Grief affects people differently. It can make people feel:

- like crying a lot
- angry, numb or shocked
- like they are not themselves
- like their world is tumbling down.

Sometimes people want to stay at home and not go out and do the things they normally do. They may not feel like eating. They may sleep more or sleep less.

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## Feeling better



It can help to talk about your feelings with people you trust.

It's ok to take some extra time off work or to rest for a little while after something very sad has happened. Still do the things you normally do but take a break when you need it.

You will feel better with time. It may take a few months or even a year or longer to feel better. You won't forget what made you feel sad but over time you will be able to remember it without it making you feel so bad.

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To feel better you can do things that give you comfort. This might be visiting the cemetery, looking at photos or keeping something special that reminds you of the person.

Some people like to plant a special tree or do a drawing of the person.

If you keep feeling sad or angry you might need some extra help. It is ok to ask for help.



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Where can you find out more		
<p><b>Booklet - Supporting people with disabilities coping with grief and loss.</b></p> <p>Easy to read booklet with lots of pictures. Published by Scope.</p>		<p><a href="http://www.scopevic.org.au">www.scopevic.org.au</a></p> <p>Go to "resources", then under "Health and Wellbeing", download the booklet.</p>
<p><b>Beyond Blue</b></p> <p><b>The National Depression Initiative</b></p> <p>Remember to tell them you have an intellectual disability.</p> <p>Fact Sheet 28 Grief Loss and Depression</p> <p>You may need a support person to help you look at this website.</p>	 	<p>1300 22 46 36</p> <p>24 hours 7 days a week</p> <p><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p> <p>Go to "get information"</p> <p>Then downloadable information resources.</p> <p>It is Fact Sheet Number 28.</p>

**Other fact sheets in this series you may want to read**

**FEELING SAD AND FEELING HAPPY**

**BEING HEALTHY AND HAPPY**