

## Grief

### RFQs

- Can you keep yourself safe? (Have you had any thoughts of harming yourself at all?)

### Provide

It's been a dreadful time for you. We are here to support you, if and when, you need it. Are you able to share your feelings with anyone? A friend or a relative perhaps? Who are you close to? I guess it will be difficult to talk about your loss. And it can be hard to cry and to be emotional. But the tears and talking about what you have been through, can help you. Would you be interested in reading an article about grief, to help you and the people around you, to know what to expect?

If you don't mind crying a bit, and laughing a bit, perhaps you might like to listen to some comedians talking about *their* grief. If you have smart phone you can download some griefcast podcasts. As you would expect from comedians, they will make you laugh. But they will also make you cry, and probably help you to realise that the pain of grief is the most natural of things. Painful but necessary. Shall I write that down for you?

Since everything is staying so raw for you I would suggest that we think about arranging for you to have some talking therapy. How does that sound? Here is the number for our local bereavement counselling service. It can really help you move on with your grief.

### Safety net:

If at any stage you are struggling, give me a call and we can get you some support. Perhaps I should see you again in a month or so's time to see how you are getting on? We could even think about antidepressant medication if your mood fails to lift.