GRIEVING A LOSS:
THE YEAR OF FIRSTS

September 2009 :: Worksheet by Hannah Graham, University of Tasmania, and Major Denise Milkins, Salvation Army Bridge Program

Grief is the response we have to experiencing a loss of someone or something that we value. The first year can be especially difficult because emotions and memories are raw, and sometimes unexpected things can trigger sadness.

The aim of asking these questions is so that you can identify when and how people around you can offer support during the first year. It isn’t set in concrete – you might get through some of these times really well without needing extra help. But just in case, it is helpful to come up with strategies beforehand to protect your recovery from substance use and your healing process.

**Identify some times, places and events when you might need extra support**

**Anniversaries, times or dates:**

**Special events:**

**Places, objects, or experiences:**

**My Triggers and Early Warning Signs – When It Starts to Become Too Much**

Each person is different and has different things they do when they are upset. What do you do? For example, some people get very forgetful, other people pace up and down or get headaches.

Memories and anniversaries can be very special, but also very painful. A good support network is an important part of the grieving and healing process. You don’t have to go through this alone.
TEARS HAVE HEALING QUALITIES

My Self Care Strategies for Staying Safe & Well When Overwhelmed by Grief

Rituals: What Activities and Processes are Special and Meaningful to You?
Is there anything you would like to do for a sense of closure? Or to remember or celebrate?

My Support Network: Who will you contact when you’d like some support?
Who understands and accepts that you may be going through a hard time?

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<th>Name</th>
<th>Relationship to Me</th>
<th>Contact details</th>
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Want Support or More Info? Useful Grief and Loss Contacts in Tasmania

If you are suicidal or having a mental health related emergency, get help quickly
- Very Urgent: ring 000 for an ambulance. Otherwise, make an emergency appointment with your GP.
- Suicide Call Back Service (Counselling & Prevention): phone 1300 659 467.

If you want to find a professional to talk to, then ring one of the following services:
- Mental Health Services Helpline (24hrs): phone 1800 332 388.
- Mensline Australia (24hrs) (Counselling & Support for Men): phone 1300 789 978.
- Pregnancy Counselling Australia (24hrs) (Miscarriage, Post-abortion Grief): phone 1300 737 732.
- Road Trauma Support Team (Grief over Death or Injury from Road Accident): phone (03) 6348 7252.
- Salvation Army Hope Line (24hrs) (Bereavement after Suicide): phone 1300 467 534.

References
© 2009. Care was taken to ensure this fact sheet is accurate, but please seek professional help if grieving.
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