Supporting NSW communities, families and individuals experiencing loss and grief.

www.nalag.org.au

NALAG
National Association for Loss and Grief (NSW) Inc

Helping someone who is grieving

When someone has experienced a loss, there will be big and small adjustments needed to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

Be a good listener

Grieving people need to talk about their loss and acknowledge that they have been through a difficult experience. You can't fix their grief, but you can be there to hear their story and share their journey.

Be a shoulder to cry on

Allow the person to cry with you. Crying helps the release of emotions and improves the healing process.

Be in touch with them

Visit the person or call them. Let them know you've been thinking of them. Write a letter, send an email, remember their special days like birthdays and anniversaries.

Be a friend

Often just being there is all that is needed to support someone who is grieving. Everyone's journey through grief is different and can last a long or short time. Don't be afraid to speak up if you think your friends needs help.

(Adapted from the writings of Doris Zagdanski)

For more information & referral, please contact:

02 6882 9222

info@nalag.org.au

www.nalag.org.au

PO Box 379
DUBBO NSW 2830

NALAG BRANCHES:

MUDGEE
0488 225 710
mudgee@nalag.org.au

BELLINGEN/NAMBUCCA
0448 084 792

HUNTER
0409 151 646
jperino@nalag.org.au

GRIEF SUPPORT
(Telephone only)
0439 922 201

GREATER SYDNEY
0427 614 010

Please note that NALAG is unable to provide crisis support. Our operational hours are from 9am-5pm weekdays.

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Someone who has experienced a loss can:

- Feel like being lost in a maze of conflicting emotions.
- Have a sense of losing control
- Be chaotic

This is normal following significant loss.

Knowing the experience is NORMAL may not take away the pain, but will increase understanding of what is happening. It is important to know you will recover, that it will get better.

Some examples of significant losses can include:

- death of a significant person
- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss
- loss of homeland/culture/language
- loss of a pet
- loss of possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/abortion/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness

After a loss, all of these experiences are normal: