

Grief is not an illness to be treated or cured. It is a healthy response to a painful reality that one's world is forever altered and will never be the same.

Mourn the death of your loved one in your own way. There is no prescribed formula. You may cry, you may not. Your reactions will be shaped by many things, the relationship you had with your loved one, your own personality and the support or lack of support you receive from others.

It is ok to push aside those who tell you to move on or that every cloud has a silver lining. What one person finds comforting may not work for another. Find friends and family who understand and with whom you can share your experience.

Don't be afraid to seek professional help if you are finding your grief overwhelming. (www.bereavementcare.com.au)

If you would like bereavement counselling, your General Practitioner will be able to put you in contact with an appropriate person or you could contact the following services:

Auckland Hospital Chaplains ph 379-7440 and ask the operator to contact the Chaplain via their locator.

Auckland Life Line ph 09 522 2999

Helpful Books:

Beyond Grief. Staudacher C. 1987
New Harbinger Publications, Oakland.
ISBN 0-934986-43-6

Coping with Grief. McKissock M. 1992
ABC Books, GPO Box 9994, Sydney NSW,
Australia.
ISBN 0 7333 0236 X

Helpful Websites:

www.bereavementcare.com.au
www.griefcentre.org.nz
www.skylight.org.nz

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Department of Critical Care Medicine Bereavement Follow-up Service

*We wish to extend our sympathy to
you during this sad time*

Welcome *Haere Mai* | Respect *Manaaki*
Together *Tūhono* | Aim High *Angamua*

When someone close to you dies in Critical Care, one of the department Bereavement Team will contact the person who was identified as the next of kin to hospital.

This will be in 4-6 weeks. This nurse will be a contact person for you. They may be able to help with unanswered questions you have and any unresolved issues. The nurse will also be able to arrange further contact or meetings with other members of the healthcare team if required.

The bereavement team will also send the next of kin person a booklet which contains helpful information about grieving and loss. The team can also send you a pamphlet about helpful websites and resources available in the community.

If you have a need to get in touch with the department before this time, please telephone between Monday and Friday 09-3074949 ext 24800 and ask to speak to a Clinical Charge Nurse. They will refer you to a member of our Bereavement Team.

After someone close to you dies, it is natural to:

- feel tightening in the throat or heaviness in the chest
- Have poor sleep habits
- have an empty feeling and loss of appetite
- sometimes feel guilty or angry
- feel a sense of unreality, as if it didn't actually happen
- feel shock/disbelief
- feel intensely angry at being left behind
- cry at unexpected times/ or not be able to cry
- tell, re-tell and remember your experience of your loved ones death
- wander aimlessly
- be forgetful and not finish things you've started
- be unable to return to normal activities

Ways to take care of yourself

- Be gentle with yourself
- Find a quiet hideout when you need it
- Let people give you a helping hand and even when you feel helpless,
- do not give up hope
- Express your bottled up feelings
- It is OK to cry
- Talk about what happened
- Take time out to be with close family/whanau and friends
- Sometimes you need to say no.
- Trying to suit the wishes and expectations of others can be stressful
- Don't be afraid to ask for help



We grieve as deeply as we love.