

## Grief and Loss video transcript

When someone dies suddenly by suicide, people can experience shock, disbelief, and overwhelming sadness. They can feel numb and helpless.

We all experience grief and loss differently, and we can never truly know another person's pain or loss. Although there seem to be some common symptoms of grief, such as anger, fear and guilt, this doesn't mean that we experience all these symptoms or experience them in any particular order.

We also know that there is no fixed time schedule with grief. Some people feel better after weeks or months, and for others, it can take years.

Life will be different without the person who died. It will take time to adjust.

There will be days that are more difficult. Certain times of the year, such as anniversaries or birthdays can remain challenging occasions for many years after someone close to us has died.

When we are grieving, things that were once easy can become more difficult and take more of our energy and concentration. Right now you may need some time by yourself, but try not to grieve completely alone. It is important to receive support and spend time with other people during this period. Take people up on offers of support if you can; for example, accept help with practical things such as having people cook meals for you.

We all need to find our own way of coping with loss. Right now, you might not feel like spending too much time with other people. Perhaps you aren't sleeping well, or not eating well. This is a challenging time, however we encourage you to consider and try the activities in this program, and find *your* way of looking after yourself.