

Outside

Online Resources

Australian Center for Grief and Bereavement
Information, Support, Resources*
<http://www.grief.org.au/>

National Institute of Mental Health Information on
Depression*
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

Understanding and Managing Psychological Trauma*
http://www.psychology.org.au/publications/tip_sheets/trauma/

*Source material

TELL Business Office

03-4550-1191
03-4550-1192 (fax)
admin@telljp.com

TELL Counseling

03-4550-1146 (English)
03-4550-1147 (Japanese)
clinical.assist@telljp.com

TELL Lifeline

03-5774-0992

www.telljp.com

TELL at a Glance

tell Lifeline

TELL Lifeline receives approximately 7,000 calls a year from people all over Japan, of whom approximately 60% are Japanese and 40% are foreign nationals.
03-5774-0992

tell Counseling

TELL Counseling undertakes over 2,000 hours of professional, face-to-face counseling every year in multiple languages - 60% of which is subsidized.
03-4550-1146 (English), 03-4550-1147 (日本語)
clinical.assist@telljp.com

tell Outreach

TELL Outreach increases public awareness of mental wellness issues with community-wide programs, including workshops and lectures.

03-4550-1191
admin@telljp.com

Support TELL

- Make a donation
- Sponsor a Lifeline shift
- Become a corporate sponsor
- Volunteer at TELL events

www.telljp.com

Grief & Loss



Inside find info on...

- Introduction to Grief & Loss
- Dealing With Grief & Loss
- Grief & Loss
- Online Resources

TELL is a registered, certified non-profit organization
Affiliate of Lifeline International
Member of the Federation of Inochi no Denwa
Accredited by the Samaritan Institute of the USA

Follow us on



Inside Front

Back

Front

Inside

Introduction

We may experience many types of loss in our lifetimes, but perhaps the most significant is the loss of a loved one.

How people respond to losing someone through death depends on various factors.

Personal coping style, life experience with handling loss, as well as support from others make a big difference in how someone responds to a loss.

Sometimes it can be difficult to distinguish grief from major depression. Grief after loss of a loved one is a normal reaction and generally does not require professional mental health treatment.

However, grief that is complicated and lasts for a very long time following a loss may require treatment.

Researchers continue to study the relationship between complicated grief and major depression.

Dealing With Grief

Physical/Emotional Symptoms of Grief:

- State of shock - temporary anesthetization
- Expression of emotion and crying
- Strong physical feelings: difficulty breathing, loss of muscular power, "hollow" feeling in the stomach, heart palpitations, loss of appetite and sleep

- Preoccupation, identification with the deceased
- Utter depression and isolation
- Guilt about the loss
- Idealization of the deceased
- Anger toward close family and friends, the doctor, God, or the departed loved one
- Inability to return to normal activities, struggle to readjust to reality

Surviving & Accepting Loss:

- Accept it – it is real
- Give yourself time to heal
- Stick to your schedule – rest and work alternately
- Seek support of others – it is human and courageous
- Reaffirm your religious, philosophical, and other beliefs
- Holidays and weekends are worst – schedule comforting activities at these times
- Thoughts of suicide are natural, but you do not have to act on them – seek immediate help, if you feel out of control

Healing:

- Do your mourning now – if you postpone the loss, grief can return
- Anticipate a positive outcome
- It is okay to feel depressed – crying has its own specialness
- Let yourself heal fully – time is important
- It is okay to feel anger, but not to hurt yourself or hate yourself
- Under-indulge in addictive activities – avoid alcohol, drugs, overeating, and smoking

- Pamper yourself – take hot baths, get a massage, buy something, take a trip
- Keep a journal
- As healing continues, you will feel stronger

Growing:

- Forgive the other person and forgive yourself
- Take stock of the good parts of the lost person
- Prepare to make an adjustment
- Allow yourself to grow, you now understand more about what it is to be a human being

When grief continues to be a disruptive and debilitating presence, the person may be suffering from **depression**. Someone who has a prior history of depression or lack of social support is particularly at risk.

Grief tends to be mixed with trauma when a loss is sudden and unexpected – an accident, a murder – or is perceived as being outside the normal cycle of life, as in the death of a child.

While trauma always incorporates grief, the two states are very different in how people experience them and what effect they can have. Grief is a normal reaction to loss, with its symptoms diminishing over time; trauma is a disabling reaction that can block the grieving process, disrupt a person's life, and leave them psychologically vulnerable.

Left panel

Centre panel

Right panel