

Grief and Loss

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

Grieving is a healthy healing process, not a sign of weakness. The best way to confront loss is to recognize it, understand the feelings and get support. Here are some things to expect in the stages of grieving.

Denial

- A period of numbness and shock.
- The slow realization of what happened and the beginning of adjusting to reality.

Anger and Guilt

- Grief gives rise to a variety of feelings as the shock wears off.
- Feelings of anger at the person you lost, the cause of loss, etc.
- Guilt for surviving

Sadness and Despair

- There are varying degrees of sadness, loneliness and yearning.
- Using alcohol and drugs to avoid feelings.
- Tears, sadness, thinking about loss, reaching out to others are all essential for healing.

Acceptance and Hope

- Gradually accepting your loss and adjusting to the changes it brings.
- Gradual beginning of hope for a stronger and wiser future.
- Understanding that this takes time and is painful.

Aftermath

- Just when you think you are over your loss, reminders can plunge you into another wave of grief.
- These waves of grief gradually become smaller, less frequent and easier to deal with over time.

Funded by the Federal Substance Abuse and Mental Health Services Administration (SAMHSA)

For additional information, please contact:

Connecticut Helps, Office of Family Support (860) 418-6262
United Way Infoline 2-1-1
Connecticut Department of Mental Health (800) 446-7348
and Addiction Services
Connecticut Department of Children (860) 550-6484
and Families
Connecticut Clearinghouse (800) 232-4424



Information Provided by:
New York State
Office of Alcoholism and Substance Abuse Services
2001

