



**CONNECTICUT
Clearinghouse**
a program of the Connecticut Center
for Prevention, Wellness and Recovery

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www.ctclearinghouse.org



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

Grief and Loss

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.

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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



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