

# GRIEF & LOSS SUPPORT

*The BC Bereavement Helpline was established in 1988 and is committed to being a provincial leader in the service, education, advocacy, and research of dying, death and bereavement. The BCBH assists the bereaved and their caregivers to find support and cope with grief.*



## WHAT HAPPENS WHEN YOU CALL THE HELPLINE

When you call our Helpline, your call will be answered by a caring volunteer trained in bereavement who will provide compassionate listening. Your call is treated with care in helping you find the most appropriate support for your personal needs. Your call is free and confidential.

In addition to our Helpline support, we provide homicide and suicide loss support groups. We recognize that these types of losses can come with stigma and isolation. Our bereavement support groups provide a safe, nurturing environment for participants to share and support each other in their unique grief.



**BCBH**  
British Columbia  
Bereavement Helpline



**BC VICTIMS  
of HOMICIDE**

**1-877-779-2223**

**contact@bcbh.ca | bcbh.ca**

Our helpline hours are:

9:00am — 5:00pm, Monday, Tuesday & Thursday

9:00am — 8:30pm, Wednesday and Friday

9:00am — 1:00pm, Saturday

When someone significant in your life dies, you may be impacted mentally, physically, emotionally, socially and spiritually. The natural responses of shock and pain for your loss are life-changing and can, at times, seem overwhelming and unmanageable. Although you may feel like you are the only person in the world in this much pain, you

#### Possible responses to grief:

- Overwhelming sadness
- Crying easily
- Difficulty sleeping
- Feeling irritable
- Difficulty concentrating
- Lack of appetite
- Lack of desire to do anything
- Feeling confused or forgetful
- Feeling like you are going 'crazy'
- Feeling depressed

It is important to understand that these responses are not unusual for someone who is grieving. Grief is a personal journey, there is no time limit or “right” way to grieve. By connecting with others, you can find support and comfort in your grief.

Your grief and mourning may be influenced by the specific nature of the death — anticipated (life-limiting illness or old age) or sudden (e.g. automobile or work accidents, illness, suicide or drug-related, homicide, catastrophic global events).

It can also be influenced by: the age of the person who died and your age at the time of the death, the nature of your relationship with the person who died, spiritual health and resources, and your support system at the time of your loss and in the future.



#### Things you can do for yourself to ease grief:

- Allow yourself to mourn
- Realize your grief is unique
- Talk about your grief
- Expect to feel a multitude of emotions
- Allow for numbness
- Be tolerant of your physical and emotional limits
- Develop a support system
- Make use of ritual
- Embrace your spirituality
- Allow a search for meaning
- Treasure your memories

## BEREAVEMENT DAY

The Order in Council of the Province of British Columbia has proclaimed the **Fourth Sunday of every May** as Bereavement Day in BC. We acknowledge and support those in grief and recognize that with public awareness, compassion and education, a person’s ability to adjust to their loss is improved. We invite you to join us in commemorating this day for yourself or someone you know who is grieving.

The BCBH hosts a public event every year in honour of Bereavement Day, which includes the planting of memory seeds for our loved ones and a dove release.