

# Will Grief Counseling Help You?

If someone you cared about has died, please take a moment to see if grief counseling might help you.

## Check One

Yes No

- Since my loss my thoughts and emotions interfere with my work or other important areas of my life.
- Since my loss I have an overwhelming sense of guilt.
- Since my loss my appetite and/or weight have changed.
- Since my loss my sleep patterns have changed.
- Since my loss I have been having disturbing dreams.
- Since my loss an upsetting image(s) keeps coming to mind.
- Since my loss I am unusually irritable or angry.
- Since my loss I feel strangely detached from others and/or my surroundings.
- Since my loss I am using alcohol to cope with things.
- Since my loss I am using drugs (including prescription) to cope with things.
- Since my loss I have developed a pessimistic, fatalistic attitude regarding the future.
- Since my loss I have had problems with or I am concerned about my physical health.
- Someone I cared about died suddenly or unexpectedly.

If you answered Yes to any of the items above you may benefit from grief counseling. Please call Community Bereavement Services today at (727) 523 - 3451. Suncoast Hospice is a not-for-profit organization.



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