

What Can Make Grief More Difficult?

There are some situations that can make it more difficult to work through grief. If you have experienced any of the following, please consider letting a professional assist you in recovering from your loss.

- Traumatic death - homicide, suicide, sudden or unexpected death
- Death of a child
- Multiple losses – other deaths within the year, a divorce, a move, children leaving home, other caregiving responsibilities, financial issues
- Limited support system – few friends, family
- Spiritual isolation – feeling that life has no meaning
- History of mental illness or substance abuse
- Prolonged caregiving role – especially with person who had dementia or other long-term chronic disease
- Past history of multiple losses
- Troubled relationship or issues left unresolved, with the deceased

Suncoast Hospice can offer guidance and support as you adjust to the changes in your life. In addition to a listening ear, we can provide information about services and resources available to help you. Call Suncoast Hospice at (727) 586-4432.

To find a hospice near you, contact the National Hospice & Palliative Care Organization help line at (800) 658-8898, or visit www.nhpco.org.

References:

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