

## *Help and Resources*

To receive additional support please contact The Campus Assistance Program. The Campus Assistance Program is a free and **confidential** resource available to all faculty, staff, residents, students, and employees of LSUHSC.

FOR MORE  
INFORMATION  
CALL  
568-8888



For Help. Call Today.

Campus  
Assistance  
Program

1542 Tulane Ave.  
Box E5-4 Rm 866  
New Orleans, LA  
70112

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**LSU**  
Health Sciences  
Center

**Campus  
Assistance  
Program**

## Grief and Bereavement



Prepared by The LSUHSC  
Campus Assistance Program.  
504-568-8888

# Grief



Death's closest companion is grief. The aching pain of bereavement can last for years. Fortunately, there are many support resources to help you heal.

**G**rief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural

part of life. Grief is a typical reaction to death, divorce, job loss, a move away from friends and family, or loss of good health due to illness.

While bereavement is a normal part of life it carries a certain degree of risk when limited support is available. Reactions to loss may carry over in family relations and cause trauma for children, spouses and other family members. At the root of many forms of what we term as mental illness is loss, but they are covered by many years and circumstances that often go unnoticed. While many who grieve have worked through their loss independently, seeking additional support from professional counselors may help in the process of healing. Grief counseling, professional support groups, educational classes, and peer-led support groups are the primary resources available to the bereaved. Contact the Campus Assistance Program at 504-568-8888 for free and confidential assistance.

# Stages of Grief

**E**veryone will express their grief in different ways. Here we'll go over the five common stages of the grieving process. Your grieving process may vary.

## Denial, numbness, and shock

- This protects the individual from experiencing the intensity of the loss.
- Numbness is a normal reaction to an immediate loss and should not be confused with "lack of caring".
- This will diminish as the individual acknowledges the impact of this loss and accompanying feelings.

## Bargaining

- At times, individuals may ruminate about what could have been done to prevent the loss.
- Individuals can become preoccupied about ways that things could have been better, imagining all the things that will never be.

## Depression

- After recognizing the true extent of the loss, some individuals may experience depressive symptoms.
- Sleep and appetite disturbance, lack of energy and concentration, and crying spells are some typical symptoms.
- Feelings of loneliness, emptiness, isolation, and self-pity can also surface during this phase, contributing to this reactive depression.

## Anger

- This usually occurs when a person feels helpless and powerless.
- May result from feeling abandoned.
- Resentment may occur toward one's higher power or toward life in general for the injustice of this loss.
- Guilt may surface due to expressing these negative feelings.

## Acceptance

- Time allows the individual an opportunity to resolve the range of feelings that surface.
- Healing occurs when the loss becomes integrated into the individual's set of life experiences.

# Getting Help

**T**he LSUHSC Campus Assistance Program (CAP) is a free service provided by LSU Health Sciences Center to assist faculty, staff, residents, students and employees in the resolution of personal problems.

LSUHSC recognizes that everyone, at some-time, needs a "helping hand" or assistance. Whether you have a simple or a complex problem, CAP can help.

If you or an immediate family member has a problem for which you need assistance, you can call the CAP. A counselor will discuss your problem over the telephone or set a time to meet with you personally.

Any contact that you have with the CAP is **confidential**, whether that contact is by phone or personal appointment.

The intent of the CAP is to prevent problems from affecting your job or school performance. It is an offer to help, not an attempt to pry. Early attention to such personal problems can often avoid costly, burdensome consequences.

A Counselor is on call and available to you 24 hours a day, seven days a week. So please call today.

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