

BEREAVEMENT SUPPORT PROGRAM

Coping with Sudden Loss

GRIEF STORIES

A Canadian website, Grief Stories, has a video from a therapist's perspective discussing the experience of, and offering some support following sudden loss. The website also contains a blog article titled "When Death Comes Suddenly" detailing someone's experience in sudden loss.

Website: www.griefstories.org

HOPKINS MEDICINE

Another resource is available from Hopkins Medicine, a US medical organisation, that has published online an article from a professional's perspective surrounding numerous forms and expressions of grief, including sudden grief. In addition to this, it discusses anticipatory grief, the stages of grief and ways to provide support to others who are bereaved. This resource breaks these areas down into simple dot points and questions to create direction in early bereavement stages.

Website: www.hopkinsmedicine.org/health/caregiving/grief-and-loss

BANNER HEALTH

Banner Health is a third online resource with an article on navigating grief after a sudden death. This article contains an overview of sudden death with input from professionals in the bereavement space to answer the questions; what the grief process is, what things can help you and your family cope, finding closure, and how can family and friends support them at this time.

Website: www.bannerhealth.com/healthcareblog/better-me/navigating-grief-after-the-traumatic-loss-of-a-loved-one-or-friend