



School District of Ashland

Grief Resource Guide

Crisis Resources

**TEXT "HOPELINE" TO 741741 TO TEXT WITH A
TRAINED CRISIS COUNSELOR**

NATIONAL SUICIDE HOTLINE- 1-800-273-8255

LOCAL CRISIS LINE- 1-866-317-9362



What is Grief?

Grief 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 and the grief from past losses can often be triggered by other events. Even if your child did not know this student, they may be re-living previous losses/trauma.

How does grief feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating.

You may become angry -- at a situation, a particular person, or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as "I could have, I should have, and I wish I would have" statements.

*People in grief can have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to school and routines. While these feelings and behaviors are normal during grief, they do lessen with time.

How to help your child deal with loss?

www.kidshealth.org/en/parents/death.html

How long does grief last?

The length of time is different for every person -- it may take weeks/months/years.

How will you know when grieving is done?

People experiencing grief often need to work through the following parts of the grieving process:

- accept the loss
- work through and feel the physical and emotional pain of grief
- Adjust to living in a work without the person
- Move on with life

What if these feelings won't go away?

Feelings of grief are a normal part of experiencing loss, however, if these feelings persist with no lifting of mood, it's important to ask for help.

Please contact someone for help:

- Your/your child's guidance counselor
- Your primary care physician
- District Wellness Coordinator - Greta Blancarte - 715-329-0671 - gblancarte@sdak12.net
- Bad River Health and Wellness Center - 715-682-7133