



## A MENTAL HEALTH GUIDE TO:

# GRIEF



**GRIEF** is a natural process and can be very painful to work through, and can often come in waves **TRIGGERED BY MEMORIES**.

There's **NO TIMELINE FOR HEALING** from a loss.



If you cannot seem to **MOVE ON** from your loss, you may need to reach out for some help. Asking **DOES NOT** mean that you are weak, it just means that **YOU ARE HUMAN** and **YOU MAY NEED SUPPORT**.

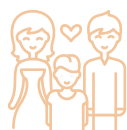
## HEALTHY WAYS TO COPE WITH GRIEF



Talking about our grief



Be physically active



Spend time with family and friends



Crying is healthy while grieving



Express yourself through art or music



Seek or accept help and support



Spend time on the land



Avoid making major life decisions



Eat Healthy



Avoid using substances



Take it one day at the time



Do what makes you happy

## YOU MIGHT NEED SOME **HELP** OR **SUPPORT** FROM:



Health Professionals



Spiritual Leaders



Youth Outreach Workers



People you trust

To get help call **Wiichihiiwaauiwin** (Mental Health) Helpline - 24/7 at:

**1-833-632-4357**



For more information visit our website:

**CREEHEALTH.ORG**