



COPING WITH GRIEF AND LOSS

STAGES OF GRIEF

Denial

Anger

Bargaining

Depression

Acceptance

DENIAL

During this stage, life begins to feel meaningless and overwhelming as we struggle to cope with the loss of our loved one. We may reflect on the experiences we've shared with the person we lost, and we might find ourselves wondering how to move forward in life without this person.

John 11:25-26

ANGER

During the second stage, we are trying to adjust to the new reality of life without our loved one and are likely experiencing extreme emotional discomfort. There are many other emotions under our anger, but anger is the emotion we are most used to managing.

Ephesians 4: 26-27

BARGAINING

During this stage, we begin to be overcome by statements of “what if” and “if only” as we experience loss of control over the situation. This causes us to find fault in ourselves and what we “think” we could have done differently.

Proverbs 3:5-6

DEPRESSION

During this stage, our attention moves towards the present moment, and we begin to feel empty without our loved one. The emotional fog begins to clear, and the loss feels more present and unavoidable.

Deuteronomy 31:8

ACCEPTANCE

This stage can often be confused as feeling “all right” or “ok” with the loss of our loved one, but this is not the case. This stage is about accepting the reality that our loved one is physically gone, and life begins to readjust without them.

Colossians 3:12

IN-PERSON MENTAL HEALTH RESOURCES

1) Aspire Wellness

5022 Campbell Blvd

Nottingham, MD 21236

Phone: (443) 442-1568

2) Franklin Square Hospital Outpatient Mental Health

9105 Franklin Square Dr # 104, Baltimore, MD 21237

Phone: (443) 777-7785

3) Mosaic Behavioral Health

9201 Philadelphia Rd, Rosedale, MD 21237

Phone: (410) 574-7700



MENTAL HEALTH RESOURCES BY PHONE



**9-8-8 Emotional Support
Helpline**



**1-800-662-HELP(4357)
SAMHSA's National Helpline**

ONLINE MENTAL HEALTH RESOURCES



<https://www.psychologytoday.com/us>

<https://growtherapy.com>

<https://www.talkspace.com>

<https://therapyforblackgirls.com>