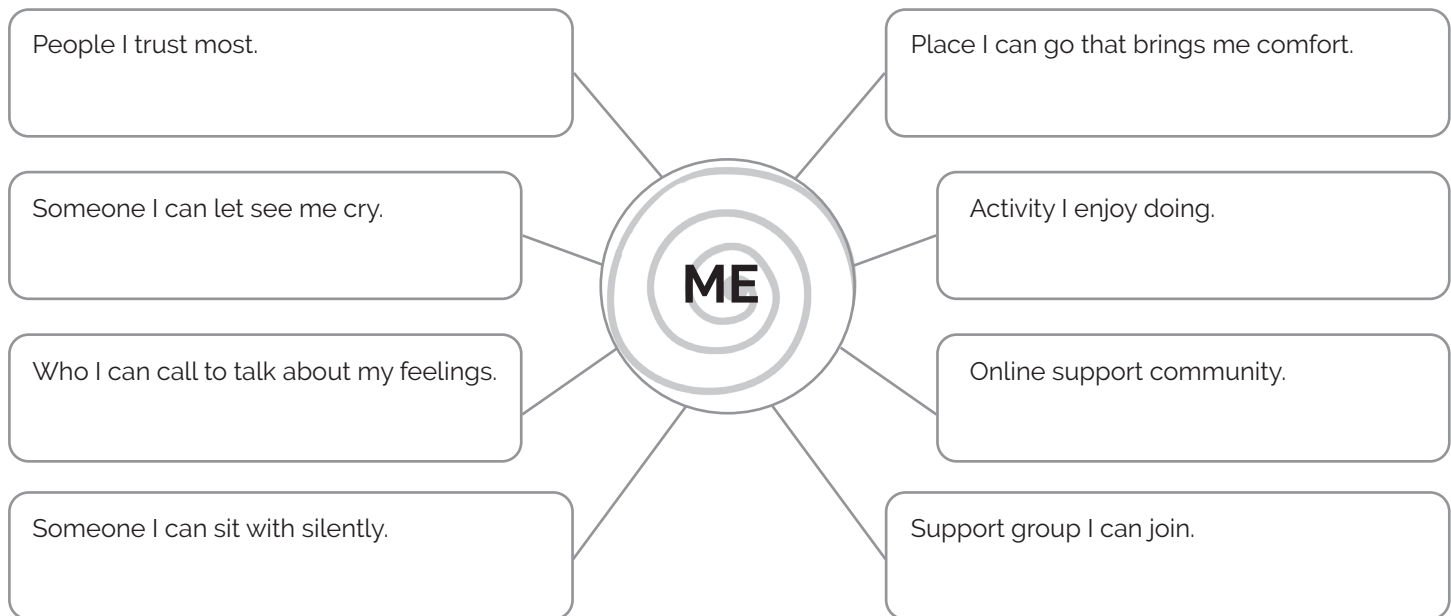




## Supports in My Life

*Reaching out to others is important for your health and healing.*

When you lose a loved one, there is often a temptation to stay away from people you've been close to or from organizations you belong to. Grief does tend to put people in an "anti-social state." The grief journey will be more difficult if you try to go it alone. Below, list the people and organizations that are supportive to you:



*Look over the names you listed. Be brave and approach them. People who care about you are willing to help. Tell them what is helpful for you. Be specific in your requests.*

