

Resources

Please scan the QR code to access the resources from Singapore Hospice Council



You may also approach the following community service providers:

Care Corner Mandarin Counselling Hotline Tel: 1800-3535-800	Children's Cancer Foundation Tel: 6229 3701
Counselling and Care Centre Tel: 6536 6366	Hua Mei Counselling and Coaching Tel: 9048 4987
O'Joy Limited Tel: 6749 0190	SAGE Counselling Centre Tel: 1800-555-5555
Samaritans of Singapore Tel: 1767 (24-hr Hotline)	Singapore Association for Mental Health Tel: 1800-283-7019
Viriya Community Services Tel: 6256 1311	Wicare Support Group Tel: 6354 2475

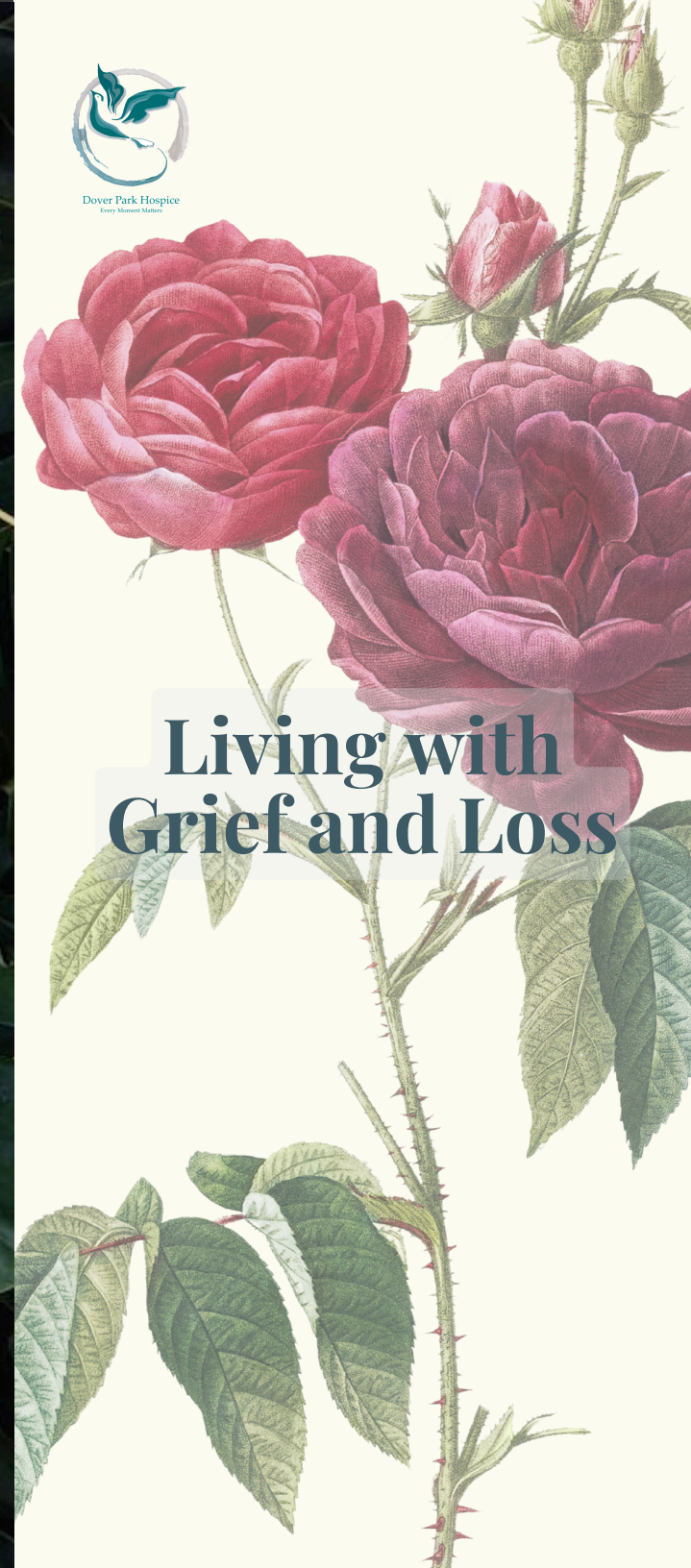
Grief has no time limit.
Be gracious and kind to yourself.



Please approach your Medical Social Worker at Dover Park Hospice if you need support

Dover Park Hospice
1 Tan Tock Seng Link
TTSI Integrated Care Hub
Singapore 307382

Tel: 6500 7272
Email: info@doverpark.org.sg
www.doverpark.org.sg



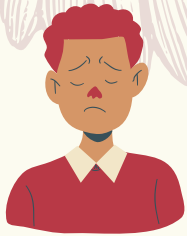
Living with Grief and Loss

How to recognise when a person is grieving

Everyone grieves differently.

Some common grief responses are:

- Thoughts of self blame and/or guilt
- Neglecting self-care
- Helplessness
- Having difficulty to manage daily routine and functioning
- Reduced interest in activities one used to enjoy
- Decreased ability to feel pleasure
- Having difficulty to concentrate



Grief responses can also impact on our physical health, resulting in fatigue, loss of appetite, sleeplessness and body aches and pains.

If this condition becomes chronic, it may be helpful to consult a doctor to seek for medical advice.

It's okay to not be okay.

Grief is a journey, everyone travels at their own pace.



Suggestions for self-care

Your feelings are valid.

Be gentle with yourself and go at your own pace.



Be kind and patient to yourself along the grieving process.



Create routines for yourself. This helps to organise and structure your daily needs.



Attend to your well-being. For instance, rest adequately, exercise and find new hobbies.



Seek support from close family and friends. Continue to maintain social connections.

Growing around grief

Many believe grief lessens and becomes smaller over time



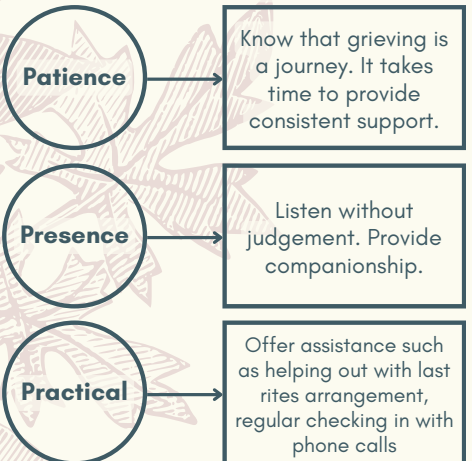
The truth is that we grow around the grief, which gives it more space, allowing us to learn how to live with it



Source: (Tonkin, 1996)



Supporting someone with a loss



Remember

to care for yourself when supporting others