

## Benefits of Bereavement Services

Grief and mourning are completely natural and expected processes, yet they are often the most painful experience of a lifetime. As a result, people can often benefit from bereavement services. You do not have to be "crazy" to find bereavement counseling helpful. Below is a list of some of the ways counseling can help you deal more effectively with your loss:

1. Having someone impartial to listen without judging or giving advice.
2. Receiving information about grief and mourning that can help normalize the experience.
3. Receiving education about self-soothing strategies and ways to cope.
4. Getting help with sorting things out and problem-solving.
5. Being able to be yourself with a bereavement counselor. You can grieve, mourn, cry, be angry, and not have to pretend all is fine when it is not.
6. Learning you are not alone, that support is available, and that someone is interested in you and cares about what you are experiencing.
7. Having someone to help facilitate the process of mourning (this process involves adapting to the changes caused by the loss).
8. Having a "coach" (an encourager) to help you take risks, try new things, experiment with new ways of being, etc.
9. Having someone provide realistic feedback about what to expect.

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