



**For Help, Call Today**

## The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

### How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

## LSUHSC Campus Assistance Program

### About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

### Contact Us

Phone: (504) 568-8888

Email: [cap@lsuhsc.edu](mailto:cap@lsuhsc.edu)

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program  
411 S. Prieur St.  
2<sup>nd</sup> Floor Office 233  
New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



## Grief and Bereavement

*Prepared by The LSUHSC Campus Assistance Program.  
(504) 568-8888*

## Stages of Grief

Everyone will express their grief in different ways. Here we'll go over the five common stages of the grieving process.

### Denial, numbness, and shock

- This protects the individual from experiencing the intensity of the loss.
- Numbness is a normal reaction to an immediate loss and should not be confused with "lack of caring".
- This will diminish as the individual acknowledges the impact of this loss and accompanying feelings.

### Bargaining

- At times, individuals may ruminate about what could have been done to prevent the loss.
- Individuals can become preoccupied about ways that things could have been better, imaging all the things that will never be.

### Depression

- After recognizing the true extent of the loss, some individuals may experience depressive symptoms.
- Sleep and appetite disturbance, lack of energy and concentration, and crying spells are some typical symptoms.
- Feelings of loneliness, emptiness, isolation, and self-pity can also surface during this phase, contributing to this reactive depression.

### Anger

- This usually occurs when a person feels helpless and powerless.
- May result from feeling abandoned.
- Resentment may occur toward one's higher power or toward life in general for the injustice of this loss.
- Guilt may surface due to expressing these negative feelings.

### Acceptance

- Time allows the individual an opportunity to resolve the range of feelings that surface.
- Healing occurs when the loss becomes integrated into the individual's set of life experiences.

## Myths about Grief

**Myth:** The pain will go away faster if you ignore it.

**Fact:** Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

**Myth:** It's important to be strong in the face of loss.

**Fact:** Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to protect your family or friends by putting on a brave front. Showing your true feelings can help them help you.

**Myth:** If you don't cry, it means you are not sorry about the loss.

**Fact:** Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

**Myth:** Grieving should last about a year.

**Fact:** There is no specific time frame for grieving. How long it takes differs from person to person.

**Myth:** Moving on with your life means forgetting about your loss.

**Fact:** Moving on means you've accepted your loss. That's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to define the people we are.

Taken from [www.helpguide.org](http://www.helpguide.org)



## Grief

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from friends and family, or loss of good health due to illness.

Grieving the loss of a family member, coworker, friend, or anyone else you're close with is a highly individual experience. Meaning there is no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your experiences, your faith, and how significant the loss was to you.

The grieving process takes time and healing happens gradually. Grieving cannot be forced, hurried, and there is no "normal" timeframe for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experiences, it is important to be patient with yourself and allow the process to naturally occur. Seeking additional support from professional counselors may help in the process of healing. Grief counseling, support groups, and educational classes are a few primary resources available to the bereaved.