Grieving is never easy. Give yourself time to heal from the pain. Here are some actions that are proven to help over time:

### FOR YOURSELF

#### TALK
If it feels hard to talk to your peers, consider a support group. Many find it easier to talk with those who have been through similar experiences.

#### TAKE CARE OF YOUR HEALTH
Eating healthy well-balanced meals, exercising when you can, sticking to a sleep schedule, being mindful of alcohol consumption, or going for a walk can help create stability.

#### FOCUS ON THE POSITIVE TIMES
Collecting donations to support a favorite charity of the departed, passing on a family name to a baby, or planting a garden in their honor can help keep their memory alive.

### FOR OTHERS

#### SHARE THEIR SORROW
Encourage them to talk about their feelings of loss and share fond memories.

#### BE PATIENT
Remember that it can take a long time to recover from a major loss. Make yourself available to talk.

#### OFFER PRACTICAL HELP
Babysitting, cooking, and running errands can alleviate additional stress.

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Caring for your emotional health during and after a tragedy with the following tips can help you start on the road to healing.³⁵

**BUILD A ROUTINE**
Try coming up with a new structured schedule that can help bring some control back into your life.

**TAKE BREAKS**
Taking a moment for a few deep breaths can help you unwind and de-stress during times of sadness.

**CONNECT WITH OTHERS FOR SUPPORT**
Turn to family, friends, community members or organizations, and faith-based support groups.

**BE PATIENT WITH YOURSELF**
Don’t feel pressure to experience or recover from the event in the same way others do.

**OTHER THINGS THAT MAY HELP:**
- Limit your consumption of news
- Take a break from screen time

Seek help when it is hard to manage your mental health on your own. Visit Up2SD.org/resources for support that can help you.

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**Survivor’s Guilt**
- Survivor’s guilt is a common symptom of stress experienced by someone who has survived an incident in which others passed away.⁶
- Remember it’s not your fault. If you’re having these feelings, consider reaching out for support.

**Post-Traumatic Stress Disorder**
- Post-traumatic stress disorder (PTSD) is an intense physical and emotional response to things that remind someone of previous negative life-changing events.³
- Although it may take time for treatment, things do get better. If you experience symptoms months after the event, talk with a healthcare provider, or call your local mental health clinic for support.

Symptoms may include but are not limited to:
- Flashbacks
- Nightmares
- Increased alertness or sensitivity

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**When to Get Support**
If your grief seems like it is too much to bear or you are unable to carry out daily responsibilities, it can be helpful to seek professional assistance.

- San Diego County’s Access and Crisis Line provides 24/7, free, and confidential support for people experiencing a mental health and/or substance use crisis.
  - **Access and Crisis Line:** 888-724-7240
- The Disaster Distress Helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
  - **Disaster Distress Helpline, call or text:** 1-800-985-5990
  - **Visit DisasterDistress.samhsa.gov**

Find more resources that can work for you at Up2SD.org/resources.

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Call 888-724-7240 for immediate help. Free, confidential support in all languages 7 days a week / 24 hours a day
To get more information on ways to improve your mental well-being, visit: up2sd.org/topics/mental-health