



# Grief and Loss Support Programs



## Grief and Loss Support

We are mindful of the grief that may enter the lives of our patients and their families. We are honored to provide spiritual comfort during your hospital stay. After your stay, there are agencies that can help to support you in your grief. We hope you will find one of the local, reputable agencies listed in this brochure to be helpful during your time of grief.

Blessings to you,

The Chaplains of the Offices of Pastoral and Spiritual Care

A special thanks to the Office of Spiritual Care, UPMC Presbyterian Patient and Family Support Services for their vision and creation of the content for this brochure.



## We Remember Them

*By Rabbis Sylvan Kamens and Jack Riemer*

At the rising sun and at its going down, we remember them;

At the blowing of the wind and in the chill of winter, we remember them;

At the opening of the buds and in the rebirth of spring, we remember them;

At the blueness of the skies and in the warmth of summer, we remember them;

At the rustling of the leaves and in the beauty of the autumn, we remember them;

At the beginning of the year and when it ends, we remember them;

As long as we live, they too will live, for they are now a part of us as we remember them.

When we are weary and in need of strength, we remember them;

When we are lost and sick at heart, we remember them;

When we have decisions that are difficult to make, we remember them;

When we have joy we crave to share, we remember them;

When we have achievements that are based on theirs, we remember them;

For as long as we live, they too will live, for they are now a part of us as we remember them.

## About Grieving

Grieving is a process that is painful but necessary after the loss of a loved one. When grief-stricken, it is normal to have intense emotions, thoughts, and fears. You can also experience a wide range of feelings after a loss. You may feel:

- Abandonment
- Rejection
- Confusion
- Panic
- Shock
- Sadness
- Anger
- Guilt
- Shame

You may have physical problems after a loss:

- Numbness
- Chest pain
- Upset stomach
- Low energy
- Headaches
- Lack of sleep
- No appetite

While dealing with a loss, it is helpful to:

- Talk with others
- Express your feelings
- Connect with your faith community
- Draw on your personal strengths
- Spend time with people who support you
- Learn more about the grieving process

## Community Resources

### resolve Crisis Services

The resolve Crisis Services team is a 24-hour, 365-day walk-in crisis service that provides crisis counseling and support, referrals, and intervention services for adults, teens, and their loved ones. It is a grief and bereavement service for when you are feeling overwhelmed with life. Moments of grief, both large and small, fill each of our lives and we all have moments of crisis. The resolve Crisis Services team is always available to help and can be reached at **1-888-796-8226**.

### resolve Crisis Services

333 North Braddock Ave.  
Pittsburgh, PA 15208

[resolve@upmc.edu](mailto:resolve@upmc.edu)

[UPMC.com/ResolveCrisis](http://UPMC.com/ResolveCrisis)

### GriefShare

GriefShare has grief recovery support groups that are compassionate and confidential faith-based programs hosted by churches around the world. GriefShare support groups offer a continuous 13-week cycle of video, discussion, and personal workbook learning for people grieving the loss of someone close.

### GriefShare

P.O. Box 1739

Wake Forest, NC 27588

**1-800-395-5755**

[info@griefshare.org](mailto:info@griefshare.org)

[www.griefshare.org](http://www.griefshare.org)

### Psychology Today

Psychology Today provides detailed listings of professional grief and bereavement counselors throughout the U.S. For more information, visit [www.psychologytoday.com](http://www.psychologytoday.com).



## **The Family Hospice and Palliative Care Bereavement Department**

This department offers a variety of resources for those who are grieving. The Bereavement Department can help connect you with resources in your community to help you with feelings of grief and loss. For more information and to register, call the Bereavement Department at **412-572-8829** or toll-free at **1-800-513-2148**.

Grief counseling can also be provided through various hospice agencies as well as an increasing number of funeral homes. Visit **UPMC.com** and search 'UPMC Hospice Providers' to learn more.

## **UPMC Western Behavioral Health at Safe Harbor**

UPMC Western Behavioral Health at Safe Harbor offers a range of mental health and crisis services for adults and children. Staff members trained by the Foundation for Suicide Prevention (AFSP) host monthly meetings for a Survivors of Suicide group and are available to provide quality care 24 hours a day, 7 days a week. For more information or to reach Crisis Services, please call **814-835-2956**.

## **UPMC Western Behavioral Health at Safe Harbor**

1330 W 26<sup>th</sup> St.  
Erie, PA 16508  
**814-459-9300**

## **Words of Comfort and Inspiration**

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth is moved. The Lord of Hosts is with us, the God of Jacob is our stronghold.”

*Psalm 46:1-2, 7*

“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

*Guatama Buddha*

“Come to Me, all you that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: And you shall find rest unto your souls. For My yoke is easy and My burden is light.”

*Matthew 11:28-30*

“God puts no burden on any person beyond what He has given him. After a difficulty, God will soon grant relief.”

*The Holy Qur'an 65:7*

“Give sorrow words; the grief that does not speak knits up the overwrought heart and bids it break.”

*William Shakespeare*

“All the world is full of suffering. It is also full of overcoming.”

*Helen Keller*

## Spiritual and Pastoral Care Contact Information

For more information on grief and loss services and support programs, contact the Spiritual Care or Pastoral Care office at your hospital.

UPMC Children's Hospital  
of Pittsburgh  
**412-692-5349**

UPMC Magee-Womens Hospital  
**412-641-4525**

UPMC Bedford  
**814-623-6161\***

UPMC East  
**412-357-3000\***

UPMC Hamot  
**814-877-2336**

UPMC Horizon  
**724-588-2100\***

UPMC McKeesport  
**412-664-2057**

UPMC Mercy  
**412-232-8198**

UPMC Northwest  
**814-676-7713\***

UPMC Passavant  
**412-748-6516**

UPMC Presbyterian  
**412-647-7560**

UPMC Shadyside  
**412-623-1691** (Minister)

**412-623-1692** (Priest)

UPMC St. Margaret  
**412-784-4081**

UPMC Western Psychiatric Hospital  
**412-246-7178**

UPMC Western Behavioral Health at  
Safe Harbor  
**814-459-9300**

*\*Indicates Chaplain service not readily available on campus. Must go through nurses station or information desk.*





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