GRIEF SUPPORT

AMOREM

QUALITY. COMPASSION. SUPPORT.

We all experience grief when someone special to us dies. Grief is a natural reaction to loss and part of the journey to healing. Your grief will be a unique journey as you navigate change and healing.

Ashewood Grief Support Services is committed to serve the well-being of AMOREM patients, their families and anyone in the community who needs support coping with grief or loss. Trained team members assess individual's needs and together develop a plan of support.

If you are experiencing grief and need support, contact AMOREM to discuss resources available to you.



COMMON REACTIONS TO LOSS

- Crying at unexpected times
- Disbelief that the loss actually occurred, numbness
- Loneliness
- Guilt or anger
- Feeling abandoned by the loved one
- A need to talk about the deceased
- Restlessness and need for activity
- Difficulty concentrating, forgetfulness
- Lack of interest in activities
- Changes in appetite, mood or sleep patterns
- Fatigue or lack of energy
- Headaches, body aches and pain
- Spiritual emptiness
- Loss of meaning in life
- Difficulty returning to church and other important gatherings/group activities

To discuss resources available to you, call 828.754.0101 or 1.844.4AMOREM, visit our website and discuss concerns with your physician.

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FORMERLY **BURKE HOSPICE AND PALLIATIVE CARE & CALDWELL HOSPICE AND PALLIATIVE CARE**

828.754.0101 • 1.844.4AMOREM

WWW.AMOREMSUPPORT.ORG

AMOREM complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-828-754-0101 Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-828-754-0101。Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-828-754-0101.

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