

# Grief and Suicide

1. Define Grief:

2. List and describe the 5 stages of grief:

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3. What is the purpose of a funeral, wake and memorial service?

- Funeral –
- Wake –
- Memorial Service –

4. Coping with loss can cause stress. What are some physical and emotional effects of stress?

5. What are some things you can do to help YOURSELF deal with a loss?

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6. What are some things you can do for OTHERS to help them deal with a loss?

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7. What is suicide –

- Many people who consider suicide do so for a \_\_\_\_\_ period of time.
- Most people who have attempted and failed are usually \_\_\_\_\_ to be alive.
- Suicide has \_\_\_\_\_ warning signs.
- Use of alcohol and drugs put people at risk because \_\_\_\_\_.
- Suicide is the \_\_\_\_\_ leading cause of death for 15 – 24 year olds.
- More women \_\_\_\_\_ suicide, but more men \_\_\_\_\_ suicide.

8. List some of the warning signs of suicide:

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9. What are some things you can do when helping someone who is considering suicide?

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