

# Supporting Yourself Through Loss



Losing a friend is incredibly difficult. Below are some steps, suggestions and signs to help you navigate this challenging time.

## Reach Out for Support

Talk to family, friends or a support group about your feelings.

## Take Care of Yourself

Ensure you eat well, get enough sleep and exercise regularly.

## Create a Memory Book

Collect photos, letters and memories to honor your friend's life.

## Seek Professional Help

If you're struggling, consider talking to a therapist or counselor.

## Suggestions for Coping

### Allow Yourself to Grieve

It's okay to feel sad, angry or confused. Give yourself permission to experience these emotions.

### Engage in Activities

Find activities that bring you joy or peace, such as reading, walking or listening to music.

### Stay Connected

Keep in touch with others who knew your friend. Sharing memories can be comforting.

### Write a Letter

Express your feelings by writing a letter to your friend. This can be a therapeutic way to process your emotions.

## Signs and Symptoms of Needing Professional Support

Persistent feelings of sadness or hopelessness.

Difficulty functioning in daily life.

Changes in sleep or appetite.

Withdrawal from social activities.

Thoughts of self-harm or suicide.

## When to Seek Professional Mental Health Support

If you experience any of the above symptoms for more than two weeks or if your grief feels overwhelming, it may be time to seek professional help. Therapists and counselors can provide the support and tools you need to navigate your grief.

## Local Resources

### Houston Grief Support Center

713-555-1234

### Mental Health America of Greater Houston

713-555-5678

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

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**You Are Not Alone.  
Help is Available.**