



What is Grief and Loss?

“Grief is the normal and natural reaction to loss of any kind”

Common examples of loss are: death of a loved one, major health changes/disability, moving, graduation/starting school, retirement, death of a pet, , empty nest, miscarriage, stillbirth, financial changes (positive or negative), divorce/marriage.

“We grieve for the loss of all relationships we deem significant – which are thus also emotional”.

(James and Friedman, 2009)

Do I Need Help?

Often, it is our natural supports that can help us through a difficult time. Friends and family who know you and whom you trust can be just what you need. However,

You know you best!

And if you feel that you need to widen your circle of support, the following list outlines a variety of options for support in your loss.

As each person is unique and their grief is unique to them supports need to be chosen individually

Finding the Right Companion for you

“When you are grieving, you need the support of people who will walk beside you. You do not need people who want to walk in front of you and lead you down the path that they think is right. Nor do you need people who want to walk behind you so that they don’t have to be present to your pain. Instead, you need and deserve the companionship of people who will come alongside you and let you express whatever you are thinking and feeling. Their role is not to try to “fix it” or give you unasked for advice. Their role is to be there, actively listen, and offer their love and presence”

(Dr. Alan Wolfelt)

Peer Support & Support Groups (In person)

Thompson Volunteer Open Adult Grief Support Group

Typically runs every other Thursday. To find out if a group is current and to get further details, contact one of the following co-facilitators:

Lori Landers 204-679-1660 or bouncer@mymts.net
Margaret Friesen 204-384-8483 or mf@mymts.net

Self-Help Agency Support (In person)

Canadian Mental Health Association (CMHA) – Self Help
43 Fox Bay, Thompson, MB R8N 1E9

Individual – one to one peer/self-help support. Call to schedule an appointment.

Call: 204-677-6056

[Spiritual Connection \(In person\)](#)

Your Spiritual/Religious Connection

If you identify with a particular religion/denomination, you may be able to access support there. Ask about this where you may already be connected.

[Fee for Service/Independent Support \(In person\)](#)

Nancy Martin B.S.W., M.A., R.S.W
Setting Lake, MB

Independent Service Provider. Call for information on availability and rates.

Phone: **204-778-5225**
Email: nbalfour2015@yahoo.com

[Telephone & Online Support](#)

Bereavement Services, Palliative Manitoba

Note: support is available to anyone regardless whether your lost loved one was involved with palliative care services or not.

Palliative Manitoba offers one-to-one telephone support by trained bereavement volunteers for individuals grieving the death of their loved one. Offers a safe anonymous environment to grieving individuals where they can speak freely and openly about their feelings.

Each individual can expect to receive a weekly call from a trained bereavement volunteer once a match has been made.

For more information, including requesting telephone support, please contact by phone: **204-889-8525** or email info@palliativemanitoba.ca

Compassionate Friends

685 William Avenue, Winnipeg, MB
R3E 0Z2

They are not counsellors or therapists; they are people who have journeyed (in varying degrees) the same road you are now travelling.

A self-help organization offering friendship, understanding, grief education and HOPE for the future for all families who are grieving the death of a child at any age from any cause including miscarriage, stillbirth, infant and adult. They also offer a newsletter and resource material and information.

Please contact them at: **204-787-4896**

Deaf Access Counseling (Klinik) (24/7)

Free and confidential counseling, support and referrals for people who may be struggling to cope.

Call: **204-784-4097 (TTY)**

(phone and chat services are available:
Monday to Friday 10 AM to 9 PM)

No matter what the issue, you can call. Counselors offer free, confidential & non-judgmental support for both adults as well as youth.

Toll free Telephone Help Line **1-866-367-3276**
or
On-line support (Live web chat) at supportline.ca

Indigenous Specific

Ma-Mow-We-Tak Friendship Center
4 Nelson Road, Thompson, MB R8N 1B4

Indigenous Elder services. Provided upon request.

Call: **204-677-0971**

HOPE For Wellness Line (24/7)



Offers mental, emotional and cultural counseling.

Callers can ask for:

- Male or Female
- Choice of: English, French, Cree, Ojibway, Inuktitut counseling services available upon request

Toll-free Help Line: **1-855-242-3310**

or

connect to online chat at:
hopeforwellness.ca.

Residential School Crisis Line (24/7)

This line has been set up to provide support for former Residential School students. You can access emotional and crisis referral services. You can also get information on how to get other health supports from the Government of Canada.

Toll-free: **1-866-925-4419**

**60s Scoop Peer Support Line
(8:00am -8:00pm in MB)**

This hotline allows survivors from the Sixties Scoop to have direct access to support and information. The peer support line will link survivors to services across Canada to support their emotional, cultural, spiritual and mental health needs Provides listening and support services.

Toll-free: **1-866-456-6060**

Grieving a Suicide Loss (Phone support)

**MB Suicide Prevention & Support
Line (24/7)**



This service is not only for those who are thinking of suicide, but also for people who are grieving a suicide loss.

If you have lost a loved one to suicide, you can access phone support here.

Call: **1-877-435-7170**

They also have a website: reasontolive.ca

[Grieving a Loss due to Impaired Driving \(Phone support\)](#)

Mothers Against Drunk Driving (MADD) Canada

Provides support and many victim/survivor services to those who have been impacted by impaired driving. Such as phone, text chat support, as well as, online support groups.

Website: madd.ca

Day support phone line

1-866-461-4077

<https://madd.ca/pages/programs/victim-survivor-services/resources/>
<http://www.madd.ca/media/docs/trauma.pdf>

[Employee Assistance Programs \(EAP\)](#)

Examples:

Blue Cross

Horizon

Shepell

Depending upon where you and/or your spouse works, you may be eligible for this support. Often, services are for both employees and their family members.

For more details - Ask your HR representative.

[Supportive Services for Youth \(under 30 yrs\)](#)

Youthspace (8pm-2am in MB)



Offers non-judgmental, emotional support to any person under 30 years of age.

Text to: **(778) 783-0177**

or

Chat: at www.youthspace.ca

Kids Help Phone (24/7)



Services available for youth under 20 years of age. Can call about grief or any other need.

Call: **1-800-668-6868**

or

Text to: **686868**

or

Online Chat:

<https://kidshelpphone.ca/live-chat/>

Check out their FREE "Always There" App too!

Student Services

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| Elementary or High School Students | School Counselor may be an option. Ask at your school. |
| University or College Students | Student support services typically available either in person or by phone. Ask at your school. |
| <p><u>Helpful Links for Youth:</u> https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/ https://kidsgrief.ca/</p> | <p><u>Helpful Links for Adults:</u> http://www.mygrief.ca/ https://www.centerforloss.com/ http://www.recover-from-grief.com/ http://www.boardmanfh.com/Grief_and_Healing_871907.html</p> |
| <p><u>People I have as support:</u> Think about and add people below who might be willing and available to help you.</p> <p>1. _____ 2. _____ 3. _____</p> <p><u>Some examples to get you thinking...</u> Friends, Family, Elders, Clergy, Coaches, Mentors...</p> | <p><u>Contact info to reach them:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p><i>*Any person that is supportive to you and that you trust can be an option - *Does not have to be professional/paid support</i></p> |

We hope you find something on this list that fits for you

If this is a time of crisis or emergency for you, please call:

Klinic 24 hr Crisis Line, 1-888-322-3019

MB Suicide Prevention & Support Line 1-877-435-7170

Thompson General Hospital, 867 Thompson Drive, Thompson, MB. Call: 204-677-2381

Mobile Crisis Services for Youth, 70 Princeton Drive, Thompson, MB. Call: 204-778-1472 (17 yrs & younger)

Or attend to your nearest hospital, health center or nursing station.

*This resource developed by The Northern Health Region, Thompson & Area, Mental Health Promotion Department
 To obtain more copies of this list or to suggest edits/additions/corrections,
 please call: 204-778-6513 Ext 222
 or email: jwhalen@nrha.ca*

**** DISCLAIMER:** Mental Health apps and external websites are meant to be used in conjunction with ongoing treatment by a qualified professional. They are not a replacement for qualified mental health treatment. When downloading or using mental health apps, there is a chance that you will transmit sensitive personal healthcare information to the company that owns the apps. The Northern Health Region is not affiliated with such services and cannot guarantee the confidentiality of such information.

