

# INFORMATION FOR ANYONE GRIEVING LOSS DUE TO SUBSTANCE USE DISORDER

## GRIEF SUPPORT

For those who have experienced a loss due to substance use, there are virtual supports available.

**Journey Bereavement Support Group, Natick:** Support group for anyone who is learning to live the journey of life after losing a loved one due to substance use. Monthly meetings will move to online web-conference format effective March 2020. Contact Kathryn Stygles Peirce at [The.Journey.Substance.Loss@gmail.com](mailto:The.Journey.Substance.Loss@gmail.com) or **774-286-9986** for meeting information.

**Grief Recovery After a Substance Passing (GRASP):** GRASP members provide support through the [GRASP Facebook community](#) and by sharing information such as [meditation/relaxation resources](#).

**Herren Project Virtual Grief Support Group:** Virtual support group for parents, spouses, and family members of individuals who struggle with substance use. Facilitated by a licensed mental health professional. All are welcome, and personal speaking/sharing is not required. Must be 18 or older to participate. Meetings occur Tuesdays at 8:00 PM; check website for updated schedules.

## HELPFUL TIPS DURING COVID-19



- Be kind to yourself and to others. We are in unique times and are all learning as we go.
- You can practice social distancing (ie, only leaving home for essential tasks like grocery shopping, remaining 6 feet away from others) without becoming socially isolated. Stay in touch with family and friends through phone calls, texting and social media. Make plans to check-in with each other regularly.
- If you're not sick, get outside! Nature and sunlight are good for our health and well-being, and even a 5-10 minute walk can be restorative. Just be sure to stay at least 6 feet away from other people, limit physical contact with surfaces that other people touch, and wash or sanitize hands often. 
- Create a new daily schedule to help you keep your physical and mental health strong. Routines are grounding and can provide us some predictability as we face challenging times.
- Make sure to get regular sleep, physical exercise and nutrition. These are critical to taking care of our mental health and our immune systems.
- If you require assistance with food or housing, contact the [Natick Human Services Department](#) at 508-647-6542 or the [Natick Service Council](#) at 508-655-1791. Both are assisting Natick residents by phone. You can also call 2-1-1 or go to [www.mass211.org](http://www.mass211.org) for assistance by phone or online chat.
- Catch up on some reading! Check out e-books online through the Morse Institute Library. If you are grieving the loss of a loved one due to substance use, members of The Journey have compiled the following recommended reading list to assist you:



- [Read This Till You Believe It](#) by M.H. Clark
- [Healing After Loss](#) by Martha W. Hickman
- [It's OK that You're Not OK](#) by Megan Devin
- [Bearing the Unbearable](#) by Joanne Caciattore
- [Chasing the Scream](#) by Johann Hari

- If you have existing health concerns, please take care of yourself and take extra precautions to protect against exposure to COVID-19. Those who have compromised immune systems are more vulnerable to COVID-19's health effects.
- For more information about COVID-19 testing or referrals for assistance for food, employment, and other basic needs, dial 2-1-1 or go to [www.mass211.org](http://www.mass211.org). Mass 211 offers free, multilingual services by phone and via online chat.