

## Question checklist for grief support

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Asking your health professionals questions can help you find the right support. You may want to include some of the questions below in your own list.

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### Questions for your doctors

- How do I know if what I'm feeling is a typical reaction?
  - How can I cope with grief? How long does it last?
  - When should I think about getting professional support?
  - Where can I get help for how I am feeling?
  - How can I support my children who are grieving?
  - People keep pressuring me to move on. Do I have to?
  - I'm having trouble sleeping. Can you help with that?
  - How can I find a professional counsellor or psychologist?
  - How can I connect with other people who are grieving? Should I join a bereavement support group?
  - Are there any complementary therapies you think might help me?
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### Questions for your psychologist, counsellor or other mental health professional

- What type of therapy do you recommend?
  - How long will the therapy last?
  - What will the session cost? Can the cost be reduced if I can't afford it?
  - Who can I call after hours if I need immediate emotional support?
  - Should I consider medicines to support my emotional health?
  - Can you recommend any books I can read on grief and loss?
  - Are there any apps, podcasts or online programs that might be helpful?
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### My questions

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