

OTHER RESOURCES



CaringInfo – caringinfo.org/grief – the National Hospice and Palliative Care Organization’s online resource center for grieving families, with free information about grief, including what to expect and where to find support.

Refuge in Grief – refugeingrief.com – psychotherapist, grief advocate, writer Megan Devine hosts online community and resource center for grieving people, including free workshops, activities and support.

What’s Your Grief – whatsyourgrief.com – Grief counselors provide information, activities, suggestions and other content, support and resources for people who are grieving. They even have a podcast.

“I bring a framed picture of Sylvia with one of her hats on to every meeting. It reminds me of her and why I started the group.”

– Jane Armstead, PHA support group leader in Iberia Parish, La., who started the group after her sister Sylvia, who had PH, passed away

MEMORIALIZE YOUR LOVED ONE

Some ways we express our grief may not be within our control, but there are things you can do to empower yourself on the path toward healing. For many, remembering and honoring a deceased loved one brings comfort and healing. Some common ways to memorialize a loved one include holding a special service or funeral and writing an obituary, but there also are ways to memorialize them through PHA.

- 🔥 Notify PHA when a loved one dies, and we will update his or her records and list your loved one in the next issue of *Pathlight* magazine.
- 🔥 You can encourage friends and family to donate to PHA in memory of a loved one, which is easy to do online at PHAssociation.org/Donate; you will be notified of any donations made as memorials.
- 🔥 PHA support groups, special events and other community gatherings may have memorial opportunities as well, such as an annual balloon release, memory book or memorial wall. To find out more about PHA’s support services, contact Support@PHAssociation.org.

In time, you may feel called to give your time and energy to PHA as a volunteer in memory of your loved one. Bereaved family members give back to PHA in many ways – as support group leaders, legislative advocates, fundraisers and even members of the PHA Board of Trustees. To learn more about PHA’s volunteer opportunities, check PHAssociation.org/Volunteer.

IN YOUR TIME OF SORROW

A BEREAVEMENT RESOURCE



YOU ARE NOT ALONE

You are probably reading this booklet because a loved one who had pulmonary hypertension (PH) has died. This resource is intended to remind you that you are not alone, that your loved one will not be forgotten and that you are always a part of the Pulmonary Hypertension Association (PHA) community. Inside, you will find resources to empower you throughout this difficult process, information about grief and bereavement and ways to remain engaged with PHA.

"[The PHA community] is a community of hope. It is also a community of loss."

– Traditional invocation at PHA's International PH Conference and Scientific Sessions

"Accept help even if you are strong — and remember that, by accepting help, you are also helping those who want to help and don't know what to do other than to just be there for you."

– Jackie Woosley, mother of Karen who passed away

"Grief is like a wave because it comes in cycles. There are big waves and small ones that come at different times with different emotions. The only difference between grief and a wave is that in grief you can't see the big waves that are coming. You begin to think that the worst is over and then all of a sudden you start sobbing and falling apart."

– Rev. Steve White, describing his feelings about his daughter Christen who passed away

WHAT IS...

GRIEF: Deep sorrow experienced after a loss, especially the death of a loved one.

MOURNING: How grief is expressed. Also, mourning relates to the expression of grief for someone who has died.

BEREAVEMENT: The condition of being without a loved one; "bereavement period" refers to the time during which people grieve and mourn.

NORMAL: Grief, mourning and bereavement are unique to each person. There is no time limit for feeling sad that someone has died and there are many healthy ways to express sorrow.

If at any time you are experiencing prolonged periods of sustained sadness, please seek professional help. Ways to seek professional help include:

- Call the National Suicide Prevention Lifeline at 800-273-8255 if you have thoughts of self-harm or suicide. If it is an emergency, call 911.
- Ask your health care provider for a referral to a mental health professional.
- Search for a reputable, certified mental health care provider online by using the American Psychological Association's psychologist locator at locator.apa.org.



FIND SUPPORT

For some, talking with others who are grieving due to the loss of a loved one can be a healing experience. That is why PHA offers bereavement support opportunities.



Register to join PHA's monthly bereavement telephone support group online at PHAssociation.org/Telephonesupport.



Subscribe to *PHANews*, PHA's e-newsletter, for notifications about PHA's International PH Conference and *PHA on the Road* regional patient forums which have bereavement sessions, support groups and memorials. Go to PHANews.org to learn more and subscribe.

PHA's support opportunities are peer-to-peer, which means they are led by others with similar experiences and not by professionals. If you are having trouble or wish to connect with a professionally led group or certified psychotherapy, ask your health care provider for a referral or search for reputable, certified counselors in your area.



Support Line: 800-748-7274
PHAssociation.org