

## What Type of Support is Best for Me and My Family?

The death of a loved one is an experience that many families go through. While some people may process privately, some find that having a safe place to express themselves may be helpful to themselves and their family members. The process of grief is unique and there is no right or wrong way to grieve. Here are a few things to consider should you find that you need support during your grief journey.

\*If you are interested in individual or family therapy, know that The Christi Center does not provide this service, but can connect you to community resources

### Individual Therapy

- Find someone you trust
  - Someone who will accept your child and their grief
  - Not time dependent (can be recent, can be a few years down the road after the death)
  - Allows you to set your own schedule
- Find out about the grief process
  - Learn about common grief reactions
  - Identify warning signals
- Find new ways of coping and understanding
  - Explore meaning and make meaning
- Therapists can work with families, including parents and caregivers when needed
- May include alternative therapies, such as equine therapy, art therapy, movement therapy
- Charges may apply for services
- Tip: Start at your child's school
  - Schools may offer Mental Health services on campus or may refer you to someone they trust

### Family Therapy

- A service that can be provided to many family members after a loss
- Can help improve communication, reducing conflict
- Short-term process

### Grief Support Groups at The Christi Center

- Find out about the grief process
  - Learn about common grief reactions
  - Identify your warning signals
- Find new ways of coping and understanding
  - Learn new skills
  - Explore meaning
  - Find ways to maintain a connection with your loved one
- Schedule is pre-set with established times and dates
- Provide support on issues specific to grief
- Helps reduce isolation and increase connection with others
- For adult: groups are specific to relationship or type of loss
- For children: groups are divided into age-appropriate group

### **Your grief journey toward healing...**

The grief journey may be difficult to endure alone and in isolation. Some people find what they need in the community they have, while others find that their current community does not provide that support. Some find that individual therapy works best for them, while others appreciate attending a support group, and still others find both to be beneficial. You are the expert in you and your family's grief. Find what feels right for you. The Christi Center staff is available for support and consultation as you find a plan for your grief journey.

If you or someone you know is in immediate crisis, please call your local mental health authorities.

In Austin, please call (512) 472-4357 or 911. For outside of Austin, please call the National Suicide Hotline at 1-800-273-8255



## When Should I Seek More Support for My Children?

Children are resilient by nature, meaning they can bounce back from many of life's waves. Sometimes, children struggle with different issues for different reasons. For times like that, it is best to seek support in the form of individual therapy. The following may indicate that it time to seek the consultation of a professional counselor.

- Difficulty concentrating on things usually enjoyed
- Significant decrease in normal activities at home, school, or work
- Extreme moods that prohibit the person from continuing with everyday tasks (for a month or more)
- Sleeping too much or not enough
- Preoccupation with events that interferes with daily living
- Detachment or withdrawal from friends or family
- Decline in academic performance
- Sudden or rapid fluctuating changes in mood
- Sudden and pronounced changes in behavior
- Preoccupation with own health or the health of a caregiver
- Harmful acts to self, others, or animals
- Destruction of property
- Substance abuse or self-inflicting behaviors
- Suicidal thoughts or a suicidal attempt\*

While this is not a comprehensive list, these are not always indicators that additional support is needed. It is important to ensure that your child has time to grieve and a space to receive care and attention. The Christi Center staff is available for support and consultation as you find a plan for your grief journey.

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