



Grief and Loss Support Programs

Your Care. Our Commitment.

We are mindful of the grief that may enter the lives of our patients and their families. We are honored to provide spiritual comfort during your hospital stay. After your stay, there are agencies that can help to support you in your grief. We hope you will find one of the local, reputable agencies listed in this brochure to be helpful during your time of grief.

Blessings to you,

The Chaplains of the Offices of
Pastoral and Spiritual Care

A special thanks to the Office of Spiritual Care, UPMC Presbyterian Patient and Family Support Services, for their vision and creation of the content for this brochure.

We Remember Them

By Rabbis Sylvan Kamens and Jack Riemer

At the rising sun and at its going down,
we remember them;

At the blowing of the wind and in the chill
of winter, we remember them;

At the opening of the buds and in the
rebirth of spring, we remember them;

At the blueness of the skies and in the
warmth of summer, we remember them;

At the rustling of the leaves and in the
beauty of the autumn, we remember them;

At the beginning of the year and when it
ends, we remember them;

As long as we live, they too will live,
for they are now a part of us as we
remember them.

When we are weary and in need of
strength, we remember them;

When we are lost and sick at heart, we
remember them;

When we have decisions that are difficult
to make, we remember them;

When we have joy we crave to share, we
remember them;

When we have achievements that are
based on theirs, we remember them;

For as long as we live, they too will live,
for they are now a part of us as we
remember them.

About Grieving

Grieving is a process that is painful but necessary after the loss of a loved one. When grief-stricken, it's normal to have intense emotions, thoughts, and fears. You can also experience a wide range of feelings after a loss. You may feel:

- Abandonment
- Rejection
- Confusion
- Panic
- Shock
- Sadness
- Anger
- Guilt
- Shame

You may have physical problems after a loss:

- Numbness
- Chest pain
- Upset stomach
- Low energy
- Headaches
- Lack of sleep
- No appetite

While dealing with a loss, it is helpful to:

- Talk with others
- Express your feelings
- Connect with your faith community
- Draw on your personal strengths
- Spend time with people who support you
- Learn more about the grieving process
- Seek help without hesitating

Community Resources

Good Grief Center

What is helpful to some may not be right for others. That's why the Good Grief Center offers so many kinds of support to help people through the difficult time of loss and grieving. In addition to its own services, the center has a long list of other grief support groups, counselors, and therapists in western Pennsylvania.

Good Grief Center

2717 Murray Ave.
Pittsburgh, PA 15217

412-224-4700

1-888-474-3388 (toll-free)

www.goodgriefcenter.com

Catholic Charities

The Bereavement Ministry of Catholic Charities provides faith-based programs to help people through the grieving process. Along with offering encouraging and compassionate reading materials, it can provide referrals to support groups for adults and its own Touch of Love support groups for children and youth in grief.

Catholic Charities, Diocese of Pittsburgh

Allegheny County Office
212 Ninth St., Seventh Floor
Pittsburgh, PA 15222

412-456-6999

www.ccpgh.org

The Caring Place

The Caring Place provides safe and compassionate peer support for children, adolescents, and their families who have experienced the death of a loved one. The Caring Place has locations in southwestern, central, and northwestern Pennsylvania.

Caring Place

620 Stanwix St.

Pittsburgh, PA 15222

1-888-224-4673 (toll-free)

GriefShare

GriefShare grief recovery support groups are compassionate and confidential faith-based programs hosted by churches around the world. GriefShare support groups offer a continuous 13-week cycle of video, discussion, and personal workbook learning for people grieving the loss of someone close.

GriefShare

P.O. Box 1739

Wake Forest, NC 27588

1-800-395-5755

Email: info@griefshare.org

www.griefshare.org

Grief counseling also can be provided through various hospice agencies.

Words of Comfort and Inspiration

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth is moved. The Lord of Hosts is with us, the God of Jacob is our stronghold.”

Psalm 46:1-2, 7

“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

Guatama Buddha

“Come to Me, all you that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: And you shall find rest unto your souls. For My yoke is easy and My burden is light.”

Matthew 11:28-30

“God puts no burden on any person beyond what He has given him. After a difficulty, God will soon grant relief.”

The Holy Qur'an 65:7

“Give sorrow words; the grief that does not speak knits up the overwrought heart and bids it break.”

William Shakespeare

“All the world is full of suffering. It is also full of overcoming.”

Helen Keller

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For more information on grief and loss services and support programs, contact the Spiritual Care or Pastoral Care office at your hospital.

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| Children’s Hospital of Pittsburgh of UPMC | 412-692-5349 |
| Magee-Womens Hospital of UPMC | 412-641-4525 |
| UPMC Bedford Memorial | 814-623-6161* |
| UPMC East | 412-357-3000* |
| UPMC Hamot | 814-877-6018 |
| UPMC Horizon | 724-588-2100* |
| UPMC McKeesport | 412-664-2057 |
| UPMC Mercy | 412-232-8198 |
| UPMC Northwest | 814 676-7996* |
| UPMC Passavant | 412-748-6516 |
| UPMC Presbyterian | 412-647-7560 |
| UPMC Shadyside (Minister) | 412-623-1691 |
| (Priest) | 412-623-1692 |
| UPMC St. Margaret | 412-784-4749 |
| Western Psychiatric Institute and Clinic | 412-246-7178 |

* Indicates Chaplain service not readily available on campus. Must go through nurses station or information desk.

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