



# OhioHealth Community Grief

## Adult Grief

Grief is a universal yet unique experience for those who have encountered the death of someone close to them. It can impact one's mind, body, spirit and heart, and can feel overwhelming to manage alone.

Individual grief counseling is available for those who prefer support in sharing and processing their grief experience with a licensed grief counselor.

A variety of in-person and virtual grief support groups are available. Groups range from traditional discussion, artistic expression and other alternative therapies.

## Youth Grief

Experiencing a death can be a major loss in a child's life. Although grief is a normal response to loss, children and adolescents grieve differently than adults and may struggle with unfamiliar feelings and reactions.

Individual and group counseling services are available in local schools as well as office-based settings.

Licensed grief counselors work with children and teens to help them understand and process responses to grief, identify healthy ways to express their loss, and have a space to remember and honor the person who died.

## Pregnancy and Infant Loss

A loss of someone close to you, regardless of their age can be difficult. When the loss is that of a child younger than 1 years old, or a during a pregnancy, the grief can be indescribable.

Grief counseling is available for individuals and couples who have experienced the loss of a child or pregnancy.

Our team also leads a monthly Pregnancy and Infant Loss grief group to allow for sharing and healing amongst others who are experiencing a similar loss.

## Workplace Grief

The death of an employee can have a significant impact on an organization. Staff may have a difficult time processing the loss of a co-worker.

Our Community Grief team responds to employer requests to support staff following the death of a colleague. OhioHealth grief counselors can provide on-site support that allows the space for associates to process the difficult news of a death of a colleague. Grief handouts and resources can be provided for continued support.

## Contact Us

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