

Treatment For Grief and Depression

The support of family and friends is invaluable to anyone – especially at difficult times. Sadness after bereavement is natural. It is normal to want to discuss the deceased and become upset while doing so. Expressing feelings does not make things worse.

If depression is thought to be present then antidepressants are very likely to be used. Antidepressants will treat the depression, but they do not have any affect on the underlying grief. Untreated depression, however, makes it extremely difficult to grieve effectively.

Doctors, counselors and psychiatrists are aware of the many different normal responses to loss and are reluctant to diagnose a person as mentally ill during bereavement. They will usually provide support to help the person grieve. A psychiatrist is only likely to be involved if the bereavement is complicated by a depressive illness. Grief counseling helps mourning by allowing someone to work through the stages of grief in a supported relationship. Refer to the handout.

Heeding the Call of Life by Father Arnaldo Pangrazzi

*Use in
January*

There is tremendous wisdom that is accumulated in one's encounter with grief, and it needs to be shared. Healing takes place when we turn our pain into a positive experience, and we realize that helping others is the key to helping ourselves. When that happens, our problems don't look so big. We expand on newfound strengths, and we discover that as one door closed, many others have opened.

The road to recovery from grief, therefore, is to take time to do things which will enable us to give a renewed meaning to our life. That's when our journey through grief becomes a journey of discovering ourselves, our potential and our resources in the encounter with life. That's when we become better people rather than bitter people. In grief, no one can take away our pain because no one can take away our love. That call of life is to learn to love...again.