

The State of Grief



People **grieving a suicide loss** often experience complicated grief, which is prolonged, intense mourning that **can interfere with healing.**

- *National Library of Medicine*



Anticipatory grief is the feeling of sadness we might have **before a loss**, like a terminal illness diagnosis, divorce, or children leaving for college.

Nearly **half of surviving military family members** report elevated grief or depression.

- *National Institutes of Health*



Grief looks **different for everyone** and there is no "right" way or length of time to experience it.

As many as **35%** of people deal with **grief during the holiday season** and struggle at that time each year.



- *Psychology Today*

Visit [LucetHealth.com](https://www.lucethealth.com) to view the **Grief Support Toolkit**