How does grief differ from depression?

Depression is more than a feeling of grief after losing someone or something you love. Clinical depression is a whole body disorder. It can take over the way you think and feel. Symptoms of depression include:

- **A sad, anxious or "empty" mood that won't go away**
- **Loss of interest in what you used to enjoy**
- **Low energy, fatigue, feeling "slowed down"**
- **Changes in sleep patterns**
- **Loss of appetite, weight loss or weight gain**
- **Trouble concentrating, remembering or making decisions**
- **Feelings of hopelessness or gloom**
- **Feelings of guilt, worthlessness or helplessness**
- **Thoughts of death or suicide or a suicide attempt**
- **Recurring aches and pains that don't respond to treatment**

Project Rebound is a collaborative effort of state and local agencies to provide comprehensive behavioral health response to residents of Baldwin and Mobile counties who were impacted by the oil spill. Services include outreach, counseling, referral, public education, and resiliency building.

PROJECT REBOUND

1-800-639-REBOUND

Deaf or Hard of Hearing?

Please use the statewide relay system to contact Project Rebound: 711

find us on the web @ www.mh.alabama.gov/projectrebound

Tips for Dealing with Grief for Persons in Baldwin County

Due to the Oil Spill Disaster

What is grief?

Grief is the normal response of sorrow, emotion and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, economic uncertainty, a move away from family and friends or loss of good health due to illness. Grief can be a normal reaction to the environmental, cultural and economic losses due to the oil spill disaster in the Gulf Coast. Grief may be worsened when friends or family leave Baldwin County for financial reasons.

Grief can be experienced by all individuals from any background. Baldwin County has a very diverse population and different ethnic groups may show grief differently.

When will my grieving be over?

Recovery from grief related to this oil spill disaster may take a long time, and some people might experience the following stages in any particular order:

Shock & denial, Anger, Resistance, Sadness, Acceptance

How does grief feel?

Just after a death, loss or change in livelihood, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, anxiety, obsessive thoughts, or trouble sleeping and eating.

You may become angry at the impact of the oil spill, a particular person or just everything in general. If someone you know has died, you might have normal feelings of guilt and think, "I could have, I should have and I wish I would have… "You might feel guilty because your friend or family lost a job but you are still employed.

People in grief may have strange dreams or nightmares, be absentminded, withdraw socially, increase their use of addictive substances or lack the desire to do their typical day-to-day activities. While these feelings and behaviors are normal during grief, they will pass.

How long does grief last?

Grief lasts as long as it takes you to accept and learn to live with your loss of loved ones or job. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for these differences including personality, health, coping style, culture, family background and life experiences. The time spent grieving also depends on your relationship with the person who died or your connection to the Gulf Coast culture. Things might get tougher in the fall or winter before they improve in the spring. Coastal people are tough but sometimes even tough people need a hand up.

What if I can't stop grieving?

If you have experienced the death of a friend or loved one, a change in livelihood, or other kinds of loss, feelings of grief are a normal reaction. But if these feelings persist, call 1-800-639-REBOUND for yourself or your friend.