

CRISIS RESOURCES

Campus Security at (808) 735-4792

911 for immediate assistance or the nearest emergency department.

Hawaii CARES (aka Crisis Line of Hawaii) at (808) 832-3100 or toll free at 1-800-753-6879.

Crisis Text Line: text START to 741-741

National Suicide Prevention Lifeline: Call or text 988 or chat 988lifeline.org

Trans Lifeline at 1-877-565-8860 (US) or 1-877-330-6366 (Canada)

Trevor Helpline for LGBTQ youth at 1-866-4U-TREVOR (488-7386) or text START to 678-678

Military One Source at 1-800-342-9647. 24/7

Veterans Crisis Line at 988 (press 1) or text 838255

National Sexual Assault Hotline (Rape, Abuse, Incest National Network, RAINN) at 1(800)656-4673

The Sex Abuse Treatment Center at (808) 524-7273

National Domestic Violence Hotline at 1 (800) 799-7233 or go to www.thehotline.org/help/ to Live Chat 24/7/365 or text START to 88788

We're here to help! For more information
or to schedule a session, contact us!

Chaminade University Counseling Center
chaminade.edu/student-life/counseling-center/
counselingcenter@chaminade.edu
(808)735-4845



COPING WITH GRIEF

Resources

Understanding basics about grief and mourning:
www.centerforloss.com/grief/grief-mourning-basics/

Mourner's Bill of Rights:
www.centerforloss.com/2016/11/mourners-bill-rights/

Hawaii-based grief support:
kokuamau.org/wp-content/uploads/Bereavement-network-of-Hawaii.pdf

Questions and answers about funerals and ceremonies
www.centerforloss.com/grief/funerals-and-ceremonies/



Tasks of Mourning

Task 1: To Accept the Reality of the Loss

Accepting loss is both an intellectual and emotional experience. It might come all at once or in phases, and some days are harder than others. It's ok to not be ok all the time.

Task 2: To Process the Pain of Grief

Grief may bring up different emotions for everyone, and all of these emotions are valid. You are not crazy. Part of mourning is acknowledging, accepting, and experiencing these emotions.

Task 3: To Adjust to a World Without the Deceased

After a loss, you may have to learn new skills or roles, develop a new sense of identity, or reevaluate spiritual beliefs and values. Be gentle with yourself as you navigate these changes.

Task 4: To Find an Enduring Connection With the Deceased in the Midst of Embarking on a New Life

After a loss, feeling joy again might feel strange. Experiencing joy does not mean that you've forgotten your loved one. In fact, mourning involves finding ways to develop continuing bonds with the deceased, while building new relationships and experiences.

These tasks are not linear and
can be revisited at any time.
Everyone's grief looks different.

References: Worden, J. W. (2008). Grief counseling and grief therapy, fourth edition : A handbook for the mental health practitioner. Springer Publishing Company, Incorporated.