

Sometimes, the bereaved partner is faced with deciding whether to 'come out' just as they are trying to cope with the loss. If you find yourself in this situation, make sure that you talk it over with someone you trust and don't rush into anything. If the people you normally turn to for support and advice cannot offer you what you need, please know that there is support available in the community.

If you are struggling with your grief, please get support from an understanding counsellor, your GP or one of the gay and lesbian helplines.

We may wish to protect children from the pain that death and loss can bring – but this is not possible. They too have lost a significant person from their life and it is important that their loss and grief is acknowledged. If you have children who are grieving the loss of your partner, try to be open and honest with them and encourage them to talk about their feelings

Support is also available for them if you are concerned about how they are coping.

What may help

- Try to get back to a routine as soon as possible.
- Take ph

Other resources

BC Bereavement Helpline (BCBH)
604-738-9950

www.bcbereavementhelpline.com

The Family Caregivers Network Society
<http://www.fcns-caregiving.org/>

Canadian Virtual Hospice
http://www.virtualhospice.ca/en_US/

Hospice Foundation of America
<http://www.hospicefoundation.org/>



