If you want some help, or just to talk things through a bit, you can contact your local Aboriginal health worker, priest, doctor or community service for assistance.

This brochure was originally produced by The Rainbow Project - Helping with Grief and Trauma

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This new brochure has been redesigned by the Indigenous Substance Misuse Health Promotion Unit due to demand for the information.
WE CAN FIND IT REALLY HARD DOING THE NORMAL THINGS IN LIFE LIKE EATING, SLEEPING, SHOPPING AND TALKING. PROBABLY WE'LL HAVE SOME PHYSICAL EFFECTS TOO, ALL THE STRESS CAN CAUSE HEADACHES, CRAMPS, BODY PAINS (HEARTACHE TOO), STRANGE FEELINGS IN OUR HEADS, ALL SORTS OF THINGS, WE CAN EVEN THINK WE ARE GOING CRAZY.

EVEN THOUGH WE ALL DO IT DIFFERENTLY, WE ALL HAVE TO GRIEVE BECAUSE IT'S HOW WE LET GO SO WE CAN GET ON WITH LIVING AGAIN. TRYING TO DROWN FEELINGS WITH ALCOHOL OR DRUGS DOESN'T WORK, AS SOON AS WE STOP, THE GRIEF PROCESS STARTS UP AGAIN, WE'VE JUST PUT IT OFF FOR A WHILE WITH A BINGE.

IT'S IMPORTANT THAT WE LET OUR CHILDREN GRIEVE TOO. THEY HAVE JUST AS MANY FEELINGS BUT ARE PROBABLY A BIT MORE CONFUSED ABOUT WHAT IS GOING ON, SO ADULTS MAY NEED TO HELP THEM TO UNDERSTAND ABOUT ALL THE DIFFERENT FEELINGS OF GRIEF.