



NEWSLETTER



Understanding Grief and its 5 Stages

Grief is a natural emotional response to loss, particularly the loss of someone or something deeply meaningful. Whether it stems from the death of a loved one, the end of a relationship, or a major life change, grief can affect people in different ways. Though everyone experiences grief uniquely, psychiatrist Elisabeth Kübler-Ross identified five common stages many people move through:

- **Denial** – This initial stage acts as a defense mechanism, allowing a person to absorb the reality of the loss slowly. It may feel unreal or overwhelming at first.
- **Anger** – As denial fades, anger may surface. This can be directed at oneself, others, or even the person lost. It often masks deeper pain and sadness.
- **Bargaining** – People might dwell on “what if” or “if only” thoughts, trying to regain control or find meaning in the loss.
- **Depression** – Profound sadness often follows, as the reality of the loss truly sets in. This stage can bring withdrawal, fatigue, and a sense of hopelessness.
- **Acceptance** – Over time, a person may reach a place of understanding. Acceptance doesn’t mean the pain is gone, but it allows for healing and finding ways to move forward.

Grief is not linear, and people may move back and forth between these stages. Compassion, time, and support are essential to navigating the grieving process.



Suicide Prevention

- Suicide is preventable. Combining knowledge, care, and compassion can make a real impact.
- Suicide is complex and influenced by many interconnected factors. Knowing the warning signs of suicide saves lives.
- Preventing suicide means understanding risk, accessing supportive, proven care, and sharing hope because healing is possible.
- With the right support, people can heal, build resilience, and thrive after crisis.
- Hope and resilience grow when people feel heard. This can guide people to find strength even in their darkest moments.
- There is no “right” way to heal and recover; support should meet people where they are. Healing is personal. Every journey is different.



Real connection can prevent a crisis. Check in on your friends—talk, share a laugh or a resource, and let them know they’re not alone. Learn how 988lifeline.org/promote-national-suicide-prevention-month

- September is National Suicide Prevention Month
- September 7-13 is Suicide Prevention Week
- September 10th is World Suicide Prevention Day
- September 15th starts Hispanic Heritage Month



Fun Fact: On August 19, 2025, Twin Rivers Pathways, in collaboration with the Life Improvement Program, celebrated their 10-year anniversary with a special appreciation breakfast. Staff, patients, and community partners gathered to honor and commemorate a decade of dedicated service and impact.



Pictured: TRP & LIP staff along with DMH CEO



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