

AFTER A LOSS FIRST STEPS CHECKLIST

THIS CHECKLIST IS DESIGNED TO SUPPORT YOU DURING THE CHALLENGING INITIAL PERIOD FOLLOWING THE LOSS OF A LOVED ONE DUE TO ADDICTION OR OVERDOSE.

EMOTIONAL SUPPORT

- ☐ REACH OUT TO ONE OR TWO TRUSTED PEOPLE TO HELP WITH IMMEDIATE TASKS.
- ☐ CONTACT A GRIEF SUPPORT GROUP (E.G., GRASP, THE DINNER PARTY, OR SAMHSA).
- ☐ GIVE YOURSELF PERMISSION TO GRIEVE, THERE IS NO RIGHT OR WRONG WAY TO FEEL

IMMEDIATE LOGISTICS

- ☐ OBTAIN MULTIPLE CERTIFIED COPIES OF THE DEATH CERTIFICATE.
- ☐ NOTIFY CLOSE FAMILY, FRIENDS, LANDLORD, AND EMPLOYER.
- ☐ SECURE YOUR LOVED ONE'S HOME AND BELONGINGS.
- ☐ LOCATE ANY WILL OR ADVANCE DIRECTIVE.

FUNERAL & MEMORIAL PLANNING

- ☐ CHOOSE A MEMORIAL OR FUNERAL SERVICE FORMAT THAT FEELS MEANINGFUL.
- ☐ USE INCLUSIVE, COMPASSIONATE LANGUAGE TO HONOR THEIR LIFE.

PAPERWORK

- ☐ NOTIFY BANKS, INSURANCE COMPANIES, AND CREDITORS.
- ☐ CONTACT THE SOCIAL SECURITY ADMINISTRATION AT 1-800-772-1213.
- ☐ REQUEST A PAUSE ON MEDICAL BILLS. YOU ARE NOT AUTOMATICALLY RESPONSIBLE.
- ☐ MAKE A LIST OF DIGITAL ACCOUNTS TO CLOSE OR MEMORIALIZE.

ONGOING CARE

- ☐ LOOK INTO GRIEF COUNSELING OR PEER SUPPORT GROUPS.
- ☐ ASK YOUR DOCTOR OR EMPLOYER ABOUT AVAILABLE MENTAL HEALTH RESOURCES.
- ☐ KEEP A SMALL NOTEBOOK OR DIGITAL LOG OF TASKS AND REMINDERS.
- ☐ GRIEF IS NOT A ONE-WAY STREET. HAVE PATIENCE WITH YOURSELF.