

Our Condolences

On behalf of the Critical Care Trauma Centre we extend our sincere condolences to you and your family at this time of loss.

This pamphlet provides some information of “next steps” after a death as well as some Support Services and Resources available to you and your family.

Next steps:

- Contact your family and friends for their help and support
- Contact a member from your place of worship or someone who you trust to support your spiritual or faith based needs if desired
- Decide on the funeral home or cremation service that you will use; this does not need to be done before you leave the hospital.
- Once you have decided, contact the funeral home or cremation service. An appointment will be made to discuss your plans. You will have many choices and a decision to make at a time when planning is especially difficult. Be sure to take the time you require to consider your options.
- Once you have made your decision, the funeral home or cremation service will guide you the rest of the way. They will make all necessary arrangements with our hospital.

Support Services & Resources:

What needs to be Done When a Loved One Dies, www.southwesthealthline.ca

Bereaved Families of Ontario, 519-686-1573 www.bereavedfamilies.net

Daya Counselling Centre, 519-434-0077 www.dayacounselling.on.ca

Family Service Thames Valley, 519-433-0183 www.familyservicethamesvalley.com

Hospice of London, 519-438-2102 www.sjhospicelondon.com

The Journey Through Loss Bereavement Support Group, 519-782-5515 www.journeythroughloss.ca

Your **family Doctor** may also be a helpful resource in your own community.

If you have any questions or would like more information, please contact our Social Worker at 519-685-8500 extension 55684

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