

Your Big Bend Hospice Bereavement Team
**HERE TO CONTINUE
THE JOURNEY**



Our Big Bend Hospice
**Bereavement
Team**

Losing someone special can be a painful and life-changing experience. Big Bend Hospice wishes to express our continued commitment to you through this time of grief and bereavement. The English word bereavement comes from an ancient Germanic expression meaning “to rob.” That’s often how it feels when we lose someone special to us. We want you to know that you are not alone, and we are here to support you in this next part of your journey.

Am I eligible for Big Bend Hospice grief support services?

If you were your loved one’s primary caregiver you will automatically be offered bereavement care. Or if your Hospice team felt like you might benefit from additional grief support, they may have asked our bereavement team to reach out to you.

If you would like to be contacted sooner, or if you didn’t receive a letter but would like bereavement care, please contact the Bereavement Services Manager:
Pam Mezzina, LCSW at (850) 701-1328 or email pamezzina@bigbendhospice.org

I have grown very close to my Hospice team – *why can’t I just continue meeting with them?*

We understand that some of you have grown very close to the members of your hospice care team so we want to make this transition as smooth as possible. You will most likely receive a supportive telephone call from a member of your regular hospice team and then we will begin the process of transitioning your care to our bereavement counselors. They have received specialized training in grief and loss to better help guide you through the grief process.

Our bereavement team is here to support you and your other family members to the degree that you feel comfortable. You may prefer privacy at this time and we want to respect that. You may rely on your own support systems and ways of coping to move through grief. Or, you may feel that you or a member(s) of your family will need extra emotional support, a listening ear, and guidance through the grief process. In this case, we are here to help.

What can I expect to receive as part of my bereavement care?

If you were the primary caregiver for your loved one, you will receive a check-in telephone call: This call will be made within the first month after your loss. This is to check in with you and offer any additional support. If your bereavement counselor cannot reach you, they will attempt to leave a message with their contact information and an offer of support.

Face-to-face counseling for adults and young family is available at no charge for 13 months following your loss. This counseling can occur in your home or at a Big Bend Hospice office. After 13 months, you will be still be eligible for support through our grief groups and events.

You and your family will have access to adult and youth grief support groups. We provide grief support groups to adults and to youth ages 6-18. Information about these events will be posted on our webpage at www.bigbendhospice.org/calendar for your convenience.



We thank you again for allowing Big Bend Hospice the privilege of caring for your loved one and for allowing us to share the journey ahead.

Big Bend Hospice Bereavement Department

To speak with one of our bereavement counselors please call Big Bend Hospice Inc. at **(850) 878-5310** or **(800) 772-5862** or email bereavement@bigbendhospice.org

Pam Mezzina, LCSW

BEREAVEMENT SERVICES MANAGER

(850) 701-1328 | pamezzina@bigbendhospice.org

Emily Hall, LCSW

GRIEF AND LOSS COUNSELOR

(850) 597-1524 | ehall@bigbendhospice.org

Jennifer Harris, MSW

GRIEF AND LOSS COUNSELOR

(850) 559-0482 | jharris@bigbendhospice.org

Whitney Snow, MSW

YOUTH GRIEF COUNSELOR

(850) 510-1964 | wsnow@bigbendhospice.org

Wendy Vargo, MSW, CT

GRIEF AND LOSS COUNSELOR

(850) 566-7816 | wsvargo@bigbendhospice.org

Additional community resources

Helpline 2-1-1: Just as you would call 911 for emergencies, you can call 2-1-1 for human service information. Helpline 2-1-1 provides free and confidential crisis counseling, suicide prevention support and 24-hour telephone support. Dial 2-1-1 or (850) 617-6333 to speak with a counselor.

National Suicide & Crisis Lifeline:
Dial or Text 9-8-8 to speak with someone at the national suicide and crisis lifeline.



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1723 Mahan Center Blvd., Tallahassee, FL 32308
(850) 878-5310 • WWW.BIGBENDHOSPICE.ORG