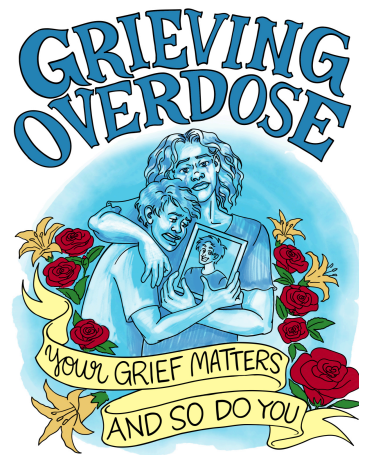


GRIEF can be ANYTHING
 you experience related to
 A PAINFUL LOSS
 Like the death of a
 LOVED ONE...
 AND IT IS NORMAL
 GRIEF is a REFLECTION
 of LOVE!
 When you lose someone you care
 about, your love for them
 REMAINS!
 this love is PRECIOUS,
 and so is your grieving process...

CONTENT WARNING
 this is a zine about
 DEATH, OVERDOSE, GRIEF AND DRUGS
 Overdose deaths are
 PREVENTABLE
NALOXONE SAVES LIVES!
 Learn how to use naloxone:
<https://bit.ly/UseNaloxone>
 Find naloxone near you:
<https://bit.ly/NaloxoneFinder>



DRUG OVERDOSE
 the
 dope
 PROJECT
 PREVENTION EDUCATION
 THIS ZINE WAS CREATED FOR
 OVERDOSE AWARENESS DAY 2021
 FOR THE DOPE PROJECT
 SAN FRANCISCO
 ART AND DESIGN BY GAIJA WXYZ

YOU ARE NOT ALONE!
 When you lose a loved one to overdose,
 your grief can feel both ambiguous and
 disenfranchised, which can feel isolating
 and like your grief doesn't matter.
 Ambiguous grief: Loss that occurs
 without closure or understanding
 Disenfranchised grief: Loss that isn't acknowledged
 or validated because of societal norms
 Acknowledge your grief and your loved one
 in ways that feel good to you.
 Take care of yourself. Let yourself
 be taken care of, as well.

Grief and death can teach us to celebrate
 a person's life while they are still alive,
 and to be present for each moment
 we have with people we love.
 Remember the person you are grieving
 lives on in many ways...
 It's okay to continue to hold space for them.

COMMON FEELINGS IN RESPONSE TO OVERDOSE LOSS:

- Sadness over not having the chance to say "goodbye"
- Helpless that you could not protect your loved one
- Anger at your loved one, yourself or others who played a part in their addiction
- BLAME for yourself or others**
- GUILT, "should haves," "could haves," and "if onlys"
- Disappointment in yourself for not having a sixth sense or picking up clues
- Impatience waiting for toxicology or police reports, if initiated
- Struggling with unanswered questions and a need to understand
- Difficulty concentrating, forgetfulness, fear you are "going crazy"
- Need to have your loved one remembered for their lives and not their deaths
- Relief that you're no longer waiting for bad news
- FEAR of this happening to others you care about
- Frustration over the lack of support and understanding from others about addiction
- Difficulty sleeping, having intense dreams, intrusive thoughts or flashbacks about the deceased or circumstances at time of death
- Feeling isolated from supports and possibly lacking places to talk about your grief
- Fear of re-use for people in recovery