YOU ARE LOVED

You Are Loved Bereavement Support Groups

Screening Questions

These questions will take approximately 15 minutes to complete.

Purpose of Screening:

- **Ensure a Safe and Supportive Environment:**
  Screening helps identify individuals who may be experiencing acute distress or other challenges that require more specialised care, ensuring a safe and supportive environment for all participants.
- **Address Specific Needs:**
  Screening helps tailor the group experience to the specific needs of participants, providing them with appropriate support and resources.
- **Prevent Harm:**
  By identifying potential barriers, screening can help prevent individuals from engaging in a support group that might not be suitable for their needs.

Nature of the Loss:

What was your relationship to the person who has died?
Please provide brief circumstances of the death.
How long has it been since the death?

Current Coping Mechanisms:

What strategies have been helpful?
Please tell us about your current support systems, such as friends, family, or other resources.

Potential Barriers to Engagement:

Are there any factors that might make it difficult for you to participate in a support group, such as physical limitations, mental health limitations, such as depression, anxiety, or substance abuse, childcare responsibilities or other commitments?

Do you have any concerns about sharing your story or emotions with a group of strangers?

YOU ARE LOVED

Individual Goals:

What are your hopes for participating in a support group?
What aspects of grief are you struggling with most?

Your Emotions:

What emotions are you currently experiencing relating to your grief?
How is the loss impacting your daily activities, social interactions, and work?
Are you experiencing any physical symptoms, such as fatigue, changes in appetite, or sleep disturbances?