

It's okay to continue to hold space for them.



Remember, the person you are grieving lives on in many ways...



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

# YOU ARE NOT ALONE!



**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.

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

and so is your grieving process...

When you lose someone you care about, your love for them **REMAINS!** this love is **PRECIOUS,**

**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!**

Learn how to use naloxone: <https://bit.ly/UseNaloxone>  
Find naloxone near you: <https://bit.ly/NaloxoneFinder>



**CONTENT WARNING**  
this is a zine about DEATH, OVERDOSE, GRIEF AND DRUGS  
Overdose deaths are **PREVENTABLE**  
**NALOXONE SAVES LIVES!**

## COMMON FEELINGS IN RESPONSE

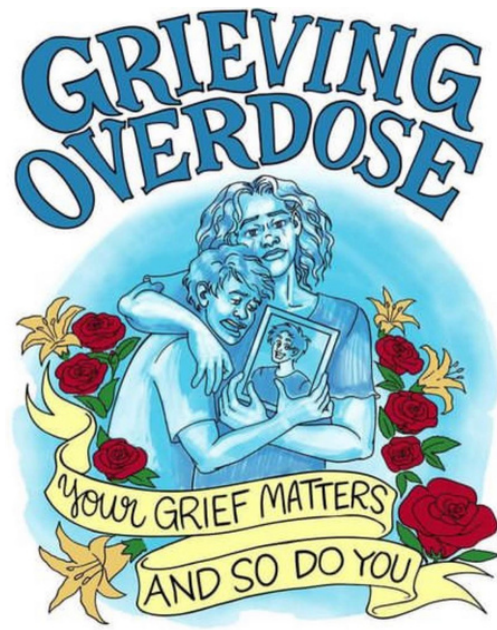
- Sadness over not having the chance to say "goodbye"
- Helpless that you could not protect your loved one
- Anger at your loved one, yourself or others who played a part in their addiction
- BLAME** for yourself or others
- "should haves," "could haves," and "if onlys"
- Disappointment in yourself for 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

## TO OVERDOSE LOSS:

- FEAR of this happening to other you care about
- Difficulty concentrating, forgetfulness, fear you are "going crazy"
- Frustration over the lack of support and understanding from others about addiction
- Need to have your loved one remembered for their lives and not their deaths
- Difficulty sleeping, having intense dreams, intrusive thoughts or flashbacks about the deceased or circumstances: at time of death
- Relief that you're no longer waiting for bad news
- Feeling isolated from supports and possibly lacking places to talk about your grief
- Fear of re-use for people in recovery



THIS ZINE WAS CREATED FOR OVERDOSE AWARENESS DAY 2021  
FOR THE DOPE PROJECT SAN FRANCISCO  
ART AND DESIGN BY GAIA WXYZ



**your GRIEF MATTERS**  
**AND SO DO YOU**