

Grief is a profound and multifaceted emotional response to loss, typically involving the death of a loved one but also arising from other significant life changes like the end of a relationship or loss of a job. It encompasses a wide range of feelings, including sadness, anger, guilt, and confusion, and can manifest both physically and mentally. People may experience symptoms like fatigue, changes in appetite, difficulty concentrating, and disrupted sleep patterns.

Grieving is a highly individual process with no set timeline; some may find solace and begin to heal relatively quickly, while others may endure the pain for years. Despite its often overwhelming nature, grief is a natural and necessary process that allows individuals to process their loss, adapt to a new reality, and eventually find a way to move forward while honoring the memory of what has been lost.

Below is a list of resources to be utilized by students, staff, and faculty as needed.

- [NMU Crisis Resources](#)
- [Healgrief.org](#)
- [How to Deal with Grief and Loss](#)
- [Grieving Death by Suicide](#)
- [Lake Superior Hospice](#)
- [Northern Shores Counseling](#)
- [Grief Support Group - Survivors of Suicide Loss](#)
- [Michigan Resources for Grieving Families](#)