

Losing a loved one to substance use is devastating

You are not alone

Gone too Soon: Navigating Grief and Loss as a Result of Substance Use is a handbook designed to help you during this difficult time. Inside you will find:

- How to cope with grief and trauma
- Where to go for support
- Ways to tell family and friends
- Information about practical matters (e.g., funeral arrangements)
- Stories of loss and healing



For more information:

myhealth.alberta.ca/Alberta/Pages/Navigating-Grief-and-Loss-as-a-Result-of-Substance-Use.aspx

(2019 05)



Addiction and
Mental Health



AHS would like to thank the BC Centre on Substance Use for sharing this resource and assisting in its adaptation.