

## Free Health Services

Every 2<sup>nd</sup> Saturday of the Month

Time: 10:00 AM – 1:30 PM

**\*Last patient accepted at 12:30 PM**

### Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

### Next Clinic Date:

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## Who We Are

### About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

### Contact Us

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)



# Grief and Loss

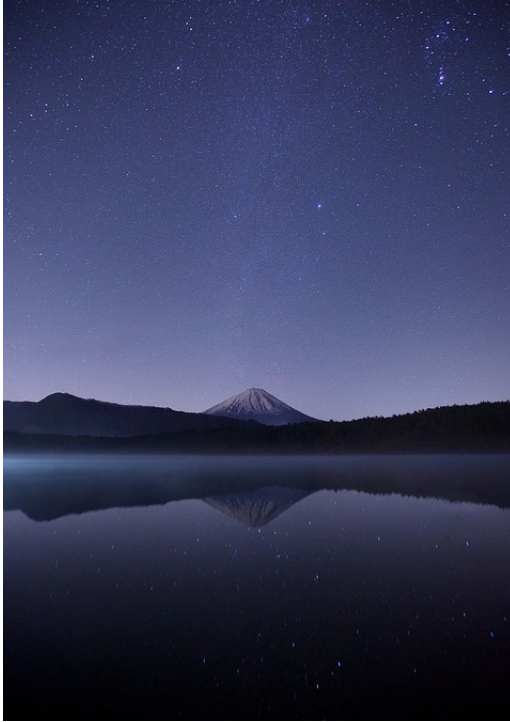
*MHC Behavioral Health*



**Mabuhay Health Center**

1010 Mission Street

San Francisco, CA 94103



## Overview of Grief and Loss

Grief is a strong emotion that is usually accompanied by the loss of a loved one, a terminal diagnosis, the end of a relationship, or some other life-altering event. It is a **normal** reaction. You may experience various emotions, such as sadness and loneliness. With that in mind, it is important to be mindful of the difference stages of grief, how the change is impacting your health, and how to cope with the loss.

### Stages of Grief

- Stage 1 (Denial) – Feelings of disbelief.  
*“This isn’t real.”*
- Stage 2 (Anger) – Frustration and helplessness.  
*“This isn’t fair.”*
- Stage 3 (Bargaining) – Thinking what you could have done differently.  
*“If only. . .”*
- Stage 4 (Depression) – Deep sadness due to permanent loss.  
*“Now everything is different.”*
- Stage 5 (Acceptance) – Accepting loss as the reality.  
*“This is how it is now.”*

### How Grief Impacts You

#### Physiologically

- Headaches, dry mouth, shortness of breath, angina (chest pain), nausea, fatigue, stomach pain, decreased appetite

#### Behaviorally

- Difficulty focusing, self-destructive thoughts, lost/helpless, blaming others, isolation, numbness

### Talk to a Doctor if you:

- Have trouble following your normal routine
- Are feeling depressed
- Cannot stop blaming yourself
- Have thoughts of suicide or hurting others

### Ways to Address Grief

- Be kind to yourself – grieving is a process
- Spend time with loved ones
- Self-care through exercising, eating well, and getting enough sleep
- Do activities that spark joy
- Join a support group and make connections
- Talk to a mental health professional or grief counselor

### Some Helpful Resources

National Suicide Prevention Hotline  
1-800-273-TALK

The Friendship Line/Warmline  
1-800-971-0016

If you are currently facing a life-threatening, physical, or mental health emergency, **please call 911 immediately**. These are secondary support services and **are not** intended to replace emergency services (adapted from the *My Grief Angels’ Grief Support Directory*).