

The Checklist

8 Things to Immediately Consider

1. First, if you have not done so already, start gathering your support system around you.
 - a. You will need to express strong emotions and talk about what has happened and how you feel. It is not healthy to suppress these natural urges. It is important to have trusted friends and family around who can listen to you and share memories.
 - b. People will want to help in many ways. Be sure to set some limits on those helping with housecleaning.

2. Second, have a support member start notifying the people who most need to know.
 - a. Notify those who can most easily contact others or you.
 - b. People who are frail or may react badly to the news should be notified in person if at all possible.
 - c. Talking to children about death must be handled especially carefully.

3. Next, identify those in your support system who will be responsible for protecting your privacy with the media.
 - a. Reporters may approach you. Determine how you will deal with their questions.
 - b. Decide whether you want to watch the news coverage on your case or not.
 - c. You may want to record news coverage for later.

4. Try to get some rest and start thinking about your health.
 - a. Contact your family doctor to talk about your health as soon as possible. You may want to meet with a grief counselor.
 - b. Get time off from work related responsibilities if possible. You will be easily distracted. Be extra careful on the job and while driving.
 - c. Do not try to maintain an appearance of false strength. Be honest with others about your emotions. Nobody expects as much from you as you do right now. Take it easy on yourself.
 - d. Recognize that everyone grieves differently.
 - e. Do not fall into the trap of feeling guilty about an event which you could not have affected.
 - f. You will experience physical and emotional effects of grief beyond your control. Be prepared for them.
 - g. Get regular exercise, eat well, and get proper rest.
 - h. Make priorities for what is most important right now and don't do the less important things.

72 Hour Guide

What To Do When Someone Dies

The first few hours and days after a death of a loved one has occurred seem to be the most critical and stressful. This simple guide may help during this important time.

- Call a trusted friend or family member for support
- Notify family, friends, and faith community/religious leader.
- Choose a funeral home by calling several funeral homes of your choice and request a representative come to your home and explain what services they can offer your family and how much it will cost.
- Decide whether organ or tissue donation is an option for your family.
- Determine whether services required will be for burial or cremation.
- Choose a location for funeral or memorial service.
- Choose a cemetery for interment.
- Gather important documents such as:

<ul style="list-style-type: none">• Social Security Card	<ul style="list-style-type: none">• Insurance policies
<ul style="list-style-type: none">• Pre-Need funeral plan	<ul style="list-style-type: none">• Will
<ul style="list-style-type: none">• Trust Papers	<ul style="list-style-type: none">• Military Discharge Papers-DD214

- Arrange for child care or pet care.
- Gather information and pictures for obituary and ask the funeral home help write the obituary and submit obit and pictures to the selected newspapers.
- Provide information for death certificates.
- Decide what your loved one will wear for burial and have cleaned and pressed.
- Ask someone to stay in your home during funeral/memorial services to prevent break-in and theft.
- Show family and friends your "To-Do" list and delegate.

Provided Courtesy of

SERENICARE

FUNERAL HOME

12278 South Lone Peak Parkway #103
Draper, Utah 84020
(801) 255-2801

1118 South State
Orem, Utah 84097
(801) 224-6255

How to Gather Important Information

It is essential that you gather important documentation prior to establishing claims for social security, life insurance, or veteran's benefits. Many of these items will be among the deceased's belongings or in their safety deposit box. In most states, if the safety deposit box was rented in only the name of the deceased, it will require a court order to open the box. Only the will or any other materials pertaining to the death can be removed before the will has been probated. However, if these documents cannot be found, you can obtain certain ones through the following means:

- **Social Security Card** replacements can be requested through the Social Security Office

Social Security Office
175 East 400 South, Suite 500
Salt Lake City, UT
Phone: (866) 851-5275

- **Birth Certificates** are available at either the state or county Public Health Office

Office of Vital Records and Statistics
288 North 1460 West
Salt Lake City, UT
Phone: (801) 538-6105

- **Military Discharge** papers can be obtained through a written request to the National Personnel Record Center- attention to the branch of service for which your loved one served.

National Personnel Records Center
1 Archives Drive
St. Louis, MO 63138
Phone: (314) 801-0800
Email: MPRcenter@nara.gov

- **Marriage Certificates** are available at the Office of the County Clerk where the marriage license was issued.

Salt Lake County Clerk
2001 South State Street #s2200
Salt Lake City, UT 84118
Phone: (385) 468-7300

- The lawyer of the deceased may have the **will**.
 - If the deceased did not have a will, this is referred to as dying "intestate". In this case, the estate (including property and assets) will be disbursed according to the state law. Contact the Probate Court at (801)238-7164 for details.
 - Consult a lawyer you can trust who specializes in wills, estates, and probate. Discuss fees before you engage any legal help. If things get tied in probate, ask if you can receive an allowance for living expenses while waiting for all claims and taxes to be determined.

Financial Notification

Various financial aspects of the deceased will need to be researched and notified.

However, the trauma of losing your loved one cannot be turned off when the time comes to take care of financial business. All you can do is your best and don't be rushed.

- Insurance Company: Notify in writing, the insurance companies that insured your loved one. Each company needs a statement of claim and a death certificate before the beneficiaries can be paid. Keep copies of all correspondence. There are many ways insurance money can be paid out to the survivors. If you do not need all the money right away, discuss with the insurance agent all of your options and choose the best for your situation.
- Types of Insurance: life insurance, mortgage or loan insurance, accident insurance, auto insurance, credit card insurance, and various types of insurance provided by the deceased's employer.
- Consider if the beneficiaries on your own life insurance policies need to be changed. Consider if you need the same amount of life insurance. Contact your attorney, update your own will.
- Social Security: Contact the Social Security office at (800) 772-1213 to find out if the deceased was eligible for Social Security or if you are eligible for new benefits. Social Security benefits are not automatically paid out after death; you must apply for them. Check on benefits or dependent children or benefits specifically for veterans.
- When applying for Social Security benefits, you should have available birth and death certificates, Social Security numbers, marriage certificate of the spouse, birth certificates of the dependent children, and copies of the deceased's most recent federal income tax return.

Financial Notification

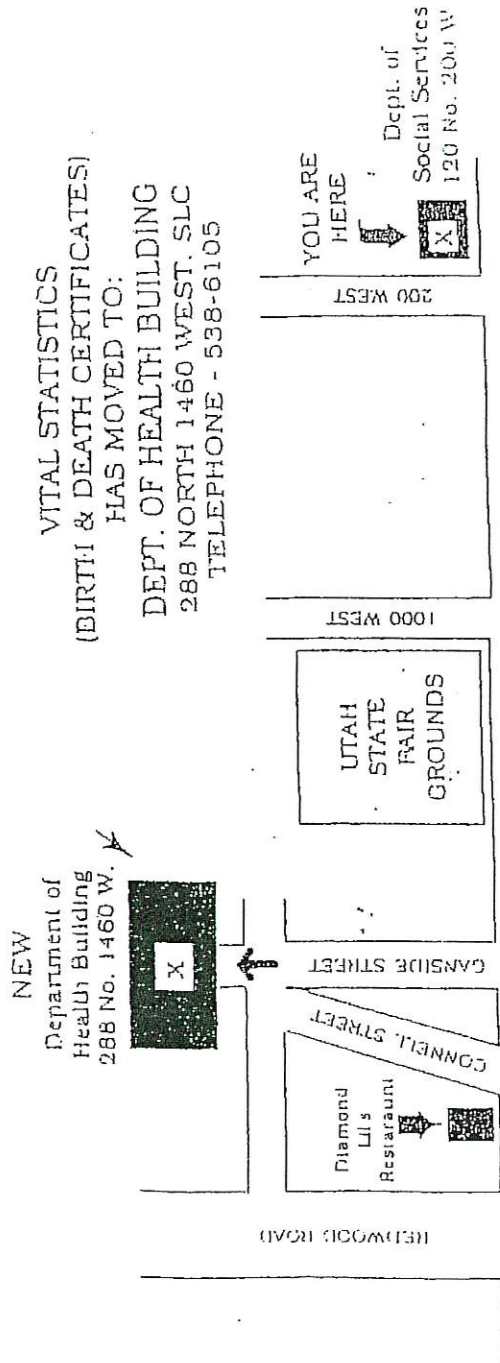
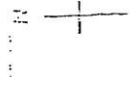
Various financial aspects of the deceased will need to be researched and notified.

However, the trauma of losing your loved one cannot be turned off when the time comes to take care of financial business. All you can do is your best and don't be rushed.

- **Insurance Company:** Notify in writing, the insurance companies that insured your loved one. Each company needs a statement of claim and a death certificate before the beneficiaries can be paid. Keep copies of all correspondence. There are many ways insurance money can be paid out to the survivors. If you do not need all the money right away, discuss with the insurance agent all of your options and choose the best for your situation.
- **Types of insurance:** Life insurance, mortgage or loan insurance, accident insurance, auto insurance, credit card insurance, and various types of insurance provided by the deceased's employer.
- Consider if the beneficiaries on your own life insurance policies need to be changed. Consider if you need the same amount of life insurance. Contact your attorney, update your own will.
- **Social Security:** Contact the Social Security Office at (800) 772-1213 to find out if the deceased was eligible for Social Security or if you are eligible for new benefits. Social Security benefits are not automatically paid out after death; you must apply for them. Check on benefits or dependent children or benefits specifically for veterans.
- When applying for Social Security benefits, you should have available Birth Certificates and Death Certificates, Social Security Numbers, Marriage Certificate of the spouse, Birth Certificates of dependent children, and copies of the deceased's most recent federal income tax return.

- **Creditors:** Advise all creditors in writing, including issuers of credit cards. If they had loans, find out if they are insured. Any payments due on accounts should be paid by the estate. However, if the account was jointly owned such as a mortgage or utilities, the survivors should pay these bills in order to keep a good credit rating. If you have a joint credit card the name of the card needs to be changed.
- **Employee Benefits:** If the deceased was employed at the time of death, the survivors should contact the employer regarding any benefits. The employer may have provided life, health, or accident insurance. The deceased may also be due a final paycheck for vacation or sick leave.
- If the deceased was retired and received a pension, a survivor should check with the employer to see if they will continue to receive checks and whether the payment will be reduced.
- **Professional Associates:** Write a formal letter to your loved one's union or any other group or professional organization with which your loved one had an association. Many of these organizations have insurance policies of which my list beneficiaries.
- **Taxes:** See a tax accountant. Federal law requires that an estate tax return must be filed within 9 months of the death in many cases. Since tax laws are constantly being revised it is important to seek out expert advice. The IRS also offers a booklet which may be helpful.

MAP TO DEPT. OF HEALTH BUILDING (BIRTH & DEATH CERTIFICATES)



VITAL STATISTICS
(BIRTH & DEATH CERTIFICATES)
HAS MOVED TO:
DEPT. OF HEALTH BUILDING
288 NORTH 1460 WEST, SLC
TELEPHONE - 538-6105

← NORTH TEMPLE

→ TO S. L. AIRPORT

Utah
Power
& Light

Grief Counseling Groups in Utah

Caring Connections: a Hope and Comfort in Grief Program

- 8-week closed group sessions are held 3 times a year. Facilitated by professional social workers or advanced practice registered nurses.

- Contact persons:
 - Shawna Rees (801) 585-9522 – Call for registration
 - Kathie Saupiano (801) 581-2322 – Director

- Cost: \$50.00 for the 8 weeks, covers cost of handouts and materials

- Scholarships are available

- Other groups are available for children and adolescents.

- Two locations:
 - U of Utah School of Nursing (Wed. 6:00-7:30)
 - UUHC Greenwood Health Center (7495 S State) Midvale, UT (Thurs. 6:00-7:30)

- Each member receives:
 - Bereavement Manual
 - Bereavement newsletters for 18 months

- Caring Connections provides 2 community events each year, open to the public.
 - Seeds of Remembrance – held in May
 - Grief and the Holidays – held in November

Clean Up Companies Specializing in the Cleanup of Homicide, Suicide, and Accidental Death

Some families who have experienced the death of a loved one by suicide or other trauma have contacted Clean Up Companies to assist the cleaning. These companies are hard to find in the phone book. We found the following two companies by word of mouth and feel comfortable in recommending their services.

There are no laws in Utah governing the way a cleanup needs to be done. The laws do regulate the disposal of blood and body matter. These companies operate under the California Standards (1-916-327-9601)

Both of these companies recognize the biological dangers and emotional stress these scenes can have on family members and business employees. They try to use as much discretion and privacy as possible for the family.

Bio & Trauma Scene Cleanup

801-209-7894

Justin Burrup (owner)

Steve Garrett (owner)

Crime Scene Cleaners

801-589-7582

Crime Scene Restoration, LLC

801-535-0783

Mark Chedester (owner)

- 24 hour on call
- Fee based on ability to pay
- May take video and still pictures before and after cleanup
- Will file an insurance claim. Check with your homeowners insurance to see what is covered.
- A walk-through with a family member or representative will be done up front and the family will be told what needs to be done and given a price.
- These companies clean up everything that can be cleaned. Most things like bedding, drapes, clothes, and mattresses are disposed of unless the family requests them to be left. Hard things most often can be cleaned and left. Carpet can be cleaned and left intact if the blood has not gone through the sub floor, the subfloor will have to be replaced. If bone fragments or anything has damaged the drywall, it must either be replaced or repaired.
- Chemicals are used that are non-toxic.
- Concrete is cleaned and painted with a coat of paint sealer.
- The company will remove, clean, disinfect, and deodorize.
- The company will bring in contractors to do repair work if the family would like them to arrange that.

Crime Scene Cleanup Companies

Bio & Trauma Scene Clean up

Aka: Utah Crime Scene Cleanup

1-801-331-6610 * Local

Aftermath Crime Scene Cleaning

888-962-5706

877-695-4656

Salt Lake City Crime Scene Cleanup

866-376-4872

Crime Scene Restoration Inc.

801-535-0783 * Local

Archangels Bio Recovery Inc.

877-409-9111

888-750-0200

Bio One Utah

385-528-7574

Complete Restoration

801-224-2400 * Local

Crime Scene Cleaners Inc.

801-357-6731

Bio Tech Emergency Services

888-246-9111

Obituary Information in SLC, UT (As of 1/29/13)

Obituaries are charge at the rate of \$10.84 per line for insertion in both the Salt Lake Tribune and Deseret News. (Insertion in one paper is \$8.64 per line.) If a picture is used, the cost is equivalent to 17-18 lines and there is text next to the picture. In addition, there is a \$60.00 set-up fee. All obituaries must be pre-paid.

For obituary information, the number to call is: 801-237-2990

For anyone calling outside the Salt Lake area, in the state of Utah, the toll-free number is:
1-800-662-9186

You can submit an obituary online at www.mediaoneutah.com/obituary

Tribute to Veterans

The American flags that appear with some obituary notices signify that the deceased was a U.S. military service veteran.

Obituary Desk Hours

Monday-Friday: 8 AM to 5 PM

Saturdays: 10 AM to 5 PM

Sundays: Closed

Deadlines:

Deseret News (Metro) 5:00 PM
(Published the following morning)

Deseret News (State) 5:00 PM
(Published the following morning)

Tribune (All Editions) 5:00 PM
(Published the following morning)

Lower Cost and Indigent Burial/Cremation Options:

Salt Lake County offers assistance to families who are indigent and unable to cover cremation costs. They only assist with cremation. The mortuary you choose is aware of this resource, and they will contact Salt Lake County if it is determined that the family has little or no means to pay.

Below are a few local low cost options. These Mortuaries or Funeral Homes are able to offer lower cost options, because they are smaller and have less overhead. We suggest that you shop around, but these are the most affordable that we have been able to find.

SereniCare, Inc.

(801) 255-2801

12278 South Lone Peak Parkway #103

Draper, UT 84020

City View Memoriam

1101 U Ave.

Salt Lake City, UT 84103

Phone: (801) 363-7065

Fax: (801) 364-6350

Email: cityviewmemoriam@gmail.com

Website: www.cityviewmemoriam.com

Independent Funeral Service

Toll Free: (866) 486-2486

(801) 486-2688

2746 South State Street

Salt Lake City, UT 84115

(801) 296-8900

3363 South Highway 89

Bountiful, UT 84010

Affordable Funerals and Cremations

Irene Casper

Funeral Manager

5239 Green Pine Drive

Murray, UT 84123

(801) 230-3816

Irene@AffordableFandC.com

Kramer Family Funeral & Cremation

2500 S. Decker Lake Blvd #1

West Valley City, Ut 84119

801-872-4059

LOCAL MORTUARIES

HOLLADAY

Cannon Mortuary

2460 East Bengal Blvd.

Holladay, UT 84121

Phone: (801) 942-6301

Fax: (801) 942-8240

Email: cannonmortuary@msn.com

Holladay Memorial Cemetery & Salt Lake Peace Mausoleum

4900 South Memory Lane

Holladay, UT 84117

Phone: (801) 278-2803

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

Mountain View Memorial Mortuary & Cemetery

3115 East 7800 South

Holladay, UT 84121

Phone: (801) 943-0831

Fax: (801) 943-3631

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

Holladay Cottonwood Mortuary

4670 South Highland Drive

Holladay, UT 84117

Phone: (801) 278-2801

Fax: (801) 278-4190

Email: infor@celebratinglife-ut.com

Website: www.memorialutah.com

MAGNA

Peel Funeral Home

8525 West 2700 South

Magna, UT 84044

Phone: (801) 250-2624

Fax: (801) 250-4063

Email: bpeel@peelfuneralhome.com

Website: www.peelfuneralhome.com

MIDVALE

Goff Mortuary

8090 South State St.

Midvale, UT 84047

Phone: (801) 255-7151

Fax (801) 255-7062

Email: goff@utahis.com

Website: www.goffmortuary.com

MILLCREEK

Starks Funeral Parlor

3651 South 900 East

Salt Lake City, UT 84106

Phone: (801) 474-9119

Fax: (801) 255-7062

Website: www.starksfuneral.com

MURRAY

Affordable Funerals and Cremations

Irene Casper

Funeral Manager

5239 Green Pine Drive

Murray, UT 84123

Phone: (801)-230-3816

Email: Irene@AffordableFandC.com

Jenkins-Soffe Mortuary

4760 South State St.

Murray, UT 84107

Phone: (801) 266-0222

Fax: (801) 268-4726

Email: info@jenkins-soffe.com

Website: www.memorialutah.com

Memorial Mortuary

5850 South 900 East

Murray, UT 84121

Phone: (801) 262-4631

Fax: (801) 268-4076

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

RIVERTON

Broomhead Funeral Home

12590 South 2200 West (McDougal Dr.)
Riverton, UT 84065
Phone: (801) 254-3389
Fax: (801) 253-4978
Email: broomfh@msn.com
Website: www.broomheadfuneralhome.com

SALT LAKE CITY

Deseret Memorial Mortuary

36 East 700 South
Salt Lake City, UT 84111
Phone: (801) 364-6528
Fax: (801) 365-0097
Email: deseret@securitynational.com or
info@celebratinglife-ut.com
Website: www.memorialutah.com

Evans and Early Mortuary

574 East 100 South
Salt Lake City, UT 84102
Phone: (801) 355-5323
Toll-Free: 1-800-344-6489 (Call this number
for immediate needs)
Website: www.evans-earlymortuary.com

Garner Funeral Home

1101 U Ave.
Salt Lake City, UT 84103
Phone: (801) 363-7065
Fax: (801) 364-6350
Email: garner@xmission.com
Website: www.garnerfuneral.com

Holbrook Mortuary

3251 South 2300 East
Salt Lake City, UT 84109
Phone: (801) 484-2045
Fax: (801) 467-6828
Email: johnholbrook@yahoo.com
Website: www.holbrookmortuary.com

Independent Funeral Service

2746 South State St.
Salt Lake City, UT 84115
Phone: (801) 486-2688
Email: indfunserv@aol.com

Larkin Mortuary

260 East South Temple
Salt Lake City, UT 84111
Phone: (801) 582-1582
Fax: (801) 322-0343
Email: larkin@larkinmortuary.com
Website: www.larkinmortuary.com

Larkin Sunset Lawn

2350 East 1300 South
Salt Lake City, UT 84108
Phone: (801) 582-1582
Fax: (801) 582-5923
Email: larkin@larkinmortuary.com
Website: www.larkinmortuary.com

Neil O'Donnell & Sons Mortuary, Inc.

372 East 100 South
Salt Lake City, UT 84111
Phone: (801) 363-6641
Fax: (801) 363-0487
Email: odnsons@qwest.net

Russon Brothers Mortuary

255 South 200 East
Salt Lake City, UT 84111
Phone: (801) 328-8846
Fax: (801) 364-5419
Email: info@russonmortuary.com
Website: www.russonmortuary.com

Wasatch Lawn Mortuary

3401 South Highland Dr.
Salt Lake City, UT 84106
Phone: (801) 466-8687
Toll-Free: 1-800-344-6489 (Call this number
for immediate needs)
Website: www.wasatchlawn.com

SANDY

Lake Hills Memorial Mortuary
10055 South State St.
Sandy, UT 84070
Phone: (801) 566-1249
Fax: (801) 566-0126
Email: info@celebratinglife-ut.com
Website: www.memorialutah.com

Larkin Sunset Gardens
1950 East 10600 South
Sandy, UT 84092
Phone: (801) 571-2771
Fax: (801) 572-3217
Email: larkin@larkinmortuary.com
Website: www.larkinmortuary.com

Sereni Care, Inc.
8535 South 700 West #E
Sandy, UT 84070
Phone: (801) 255-2801
Fax: (801) 255-2844
Toll-Free: (800) 945-9723
Email: info@serenicare.com
Website: www.serenicare.com

TAYLORSVILLE

**Independent Professional Services
(Cremation)**
4555 South Redwood Road
Taylorsville, UT 84123
Phone: (801) 263-8200
Fax: (801) 263-6352
Email: mail@ipscrematory.com
Website: www.ipscrematory.com

McDougal Funeral Home
4330 South Redwood Road
Taylorsville, UT 84123
Phone: (801) 968-3800
Fax: (801) 968-4321
Email: smond@aol.com
Website: www.mcdougalfuneralhomes.com

WEST JORDAN

Redwood Memorial Mortuary & Cemetery
6500 South Redwood Road
West Jordan, UT 8412
Phone: (801) 969-3456
Email: info@celebratinglife-ut.com
Website: www.memorialutah.com

WEST VALLEY

**Valley View Memorial Park & Funeral
Home**
4335 West 4100 South
West Valley City, UT 84120
Phone: (801) 969-1081
Toll-Free: 1-800-344-6489
Fax: (801) 969-7198
Website: www.dignitymemorial.com

MORTUARIES IN UTAH

AMERICAN FORK

Anderson and Sons Mortuary

49 East 100 North
American Fork, UT 84003
Phone: (801) 756-3564
Fax: (801) 763-0799
Email: asmortuary@burnettech.com
Website: www.andersonmortuary.com

BEAVER

Southern Utah Mortuary

195 North 200 West
Beaver, UT 84713
Phone: (435) 418-2701
Toll-free: (877) 438-2201
Fax: (435) 438-2323
Email: cedarcity@sumfamily.com
Website:
www.southernutahmortuary.com

BLANDING

San Juan Mortuary

370 South Main St.
Blanding, UT 84511
Phone: (435) 678-2612
Fax: (435) 678-7848
Website: www.sanjuanmortuary.com

BOUNTIFUL

Bountiful Lindquist Mortuary

727 North 400 East (Orchard Dr.)
Bountiful, UT 84010
Phone: (801) 292-5555
Fax: (801) 292-0442
Email: llm@lindquistmortuary.com
Website: <http://lindquistmortuary.com>

Lakeview Memorial Estates

1640 East Lakeview Drive
Bountiful, UT 84010
Phone: (801) 298-1564
Fax: (801) 298-1586
Email: info@celebratinglife-ut.com
Website:
www.memorialutah.com

Russon Brothers Mortuary- Bountiful

295 North Main St.
Bountiful, UT 84010
Phone: (801) 295-5505
Fax: (801) 292-4783
Email: russon@pop.burgoyne.com
Website: www.russonmortuary.com

BRIGHAM CITY

Myers Mortuary

205 South 100 East
Brigham City, UT 84302
Phone: (435) 723-8484
Fax: (435) 723-7070
Email: myers@brigham.net
Website: www.myers-mortuary.com

Gillies Petersen Funeral Home

634 East 200 South
Brigham City, UT 84302
Phone: (435) 723-5236
Toll-free: (888) 723-5236
Fax: (435) 723-6905
Email: gfcchapel@qwest.net
Website: www.gilliesfuneralchapel.com

CASTLE DALE

Fausett Mortuary

710 North Center
Castle Dale, UT 84513
Phone: (435) 381-2551
Email: www.fausettmortuary.com

CEDAR CITY

Southern Utah Mortuary

190 North 300 West
Cedar City, UT 84720
Phone: (435) 586-4040
Toll-free: (888) 586-4040
Fax: (435)586-4343
Email: sumortuaryrgznetutah.com or
cedarcity@sumfamily.com
Website:
www.southernutahmortuary.com

CLEARFIELD

Lindquist Mortuary- Clearfield

1050 South State St.
Clearfield, UT 84015
Phone: (801) 825-6666
Fax: (801) 825-9773
Email: llm@lindquistmortuary.com
Website: www.lindquistmortuary.com

COALVILLE

Walker Mortuary

268 South Main St.
Coalville, UT 84017
Phone: (435) 336-5521
Email: coalville@walker-mortuary.com
Website: www.walker-mortuary.com

DELTA

Nickle Mortuary

190 South Center St.
Delta, UT 84624
Phone: (435) 864-3412
Fax: (435) 864-3939
Email: nicklemortuary@frontiernet.net

FARMINGTON

Russon Brothers Mortuary

1941 North Main St.
Farmington, UT 84025
Phone: (801) 447-8247
Email: info@russonmortuary.com
Website: www.russonmortuary.com

FILLMORE

Olpin Southern Utah Mortuary

55 West 200 South
Fillmore, UT 84634
Phone: (435) 743-6261
Toll-free: (888) 743-6261
Fax: (435) 438-2134
Email:
fillmore@southernutahmortuary.com
Website: www.southeruntahmortuary.com

HEBER CITY

Olpin-Hoopes Funeral

Home
288 North Main St. (P.O. 66)
Phone: (435) 654-1161
Fax: (435) 657-9793
Email: www.olpinhoopes.com

HURRICANE

Metcalf Hurricane Valley Mortuary

130 North Main St.
Hurricane, UT 84737
Phone: (435) 635-2211
Website: www.metcalfmortuary.com

**Spilsbury & Beard
Mortuary**

140 North Main St.
Hurricane, UT 84737
Phone: (435) 635-2454
Toll-free: (435) 673-2454

KANAB

Mosdell Mortuary

676 South Highway 89A
Kanab, UT 84741
Phone: (435) 644-2214
Fax: (435) 644-2321
Email: mosdell@kanab.net

KAYSVILLE

Lindquist Mortuary- Kaysville

400 north main St.
Kaysville, UT 84037
Phone: (801) 546-6666
Fax: (801) 544-5809
Email: llm@lindquistmortuary.com
Website: www.lindquistmortuary.com

LAYTON

Lindquist Mortuary- Layton

1867 N011h Fairfield Rd.
Layton, UT 84040
Phone: (801) 771-6666
Fax: (801) 771-0700
Email: llm@lindquistmortuary.com
Website: www.lindquistmortuary.com

Myers Mortuary-Layton

250 North Fairfield Road
Layton, UT 84041
Phone: (801) 544-0994
Fax: (801) 544-0615
Email: myerslayton@hotmail.com
Website: www.myersmortuary.com

LEHI

Wing Mortuary

118 East Main
Lehi, UT 84043
Phone: (801) 768-9514
Fax: (801) 768-3534
Email: service@wingmortuary.com
Website: www.wingmortuary.com

LINDON

Alternative Society of Utah

(Serves entire state)
P.O. Box 163
Lindon, UT
Toll-free: (877) 259-3980

LOGAN

Allen Cranney Mortuary

420 East 1800 North
North Logan, UT 84341
Phone: (435) 753-3049
Fax: (435) 753-6443
Email: info@allenmortuaries.net
Website: www.allenmortuaries.net

Allen-Hall Mortuary

34 East Center St.
Logan, UT 84324
Phone: (435) 752-3245
Fax: (435) 755-0979
Email: info@allenmortuaries.net
Website: www.allenmortuaries.net

Nelson Funeral Home

162 East 400 North
Logan, UT 84321
Phone: (435) 752-3261
Fax: (435) 752-2353
Email: info@nelsonfuneralhome.com
Website: www.nelsonfuneralhome.com

MANTI

Magleby Mortuary

195 West 100 North

Manti, UT 84642

Phone: (435) 835-2311

Fax: (435) 896-8526

Email: services@maglebymortuary.com

Website: www.maglebyrnmortuary.com

MORGAN

Walker Mortuary- Morgan

45 West 200 North

Morgan, UT 84050

Phone: (801) 829-6336

Fax: (801) 829-6337

Email: morgan@walker-mortuary.com

Website: www.walker-rmortuary.com

MT. PLEASANT

Rasmussen Mortuary

96 North 100 West

Mt. Pleasant, UT 84647

Phone: (435) 462-2427

Fax: (435) 462-2179

Email: 1110rtuary@cut.net

Website: www.rasmussenmortuary.com

NEPHI

Anderson Funeral Home

94 West 300 North

Nephi, UT 84648

Phone: (435) 623-0153

Fax: (435) 623-4287

Email: smikeanderson@yahoo.com

NORTH OGDEN

Lindquist Mortuary- North Ogden

2140 North 400 East (Washington Blvd.)

North Ogden, UT 84404

Phone: (801) 782-6666

Fax: (801) 782-6670

Email: llm@lindquistmortuary.com

Website: www.lindquistmortuary.com

OGDEN

Cremation Society of Utah

(Serves entire state)

836 36th St.

Ogden, UT 84403

Phone: (801) 394-5556

Toll-Free: 1-800-303-3569

Larkin and Sons Mortuary

496 24th St.

Ogden, UT 84401

Phone: (801) 394-5505

Fax: (801) 395-1932

Email: larkin@ssolutions.com

Leavitt's Mortuary, Inc.

836 SE St.

Ogden, UT 84403

Phone: (801) 394-5556

Fax: (801) 394-5548

Email: lmortuary@uswest.net

Website: www.leavittsmortuary.com

Lindquist Mortuaries

3408 Washington Blvd.

Ogden, UT 84401

Phone: (801) 394-6666

Fax: (801) 394-1164

Email: llm@lindquistmortuary.com

Website: www.lindquistmortuary.com

Myers Mortuary

845 Washington Blvd.

Ogden, UT 84404

Phone: (801) 399-5613

Fax: (801) 399-5624

Email: myers@kolmections.com

Website: www.myers-mortuary.com

OREM

Sundberg-Olpin Mortuary

495 South State St.

Orem, UT 840558

Phone: (801) 225-1530

Fax: (801) 225-9720

Email: ksund47013@aol.com

Website:

www.sundbergolpinmortuary.com

Walker Sanderson Funeral Home

646 East 800 north

Orem, UT 84097

Phone: (801) 226-3500

Fax: (801) 226-3531

Email: info@walkerfamilymortuary.com

or family2@aol.com

Website:

www.walkerfamilymortuary.com

PAYSON

Waller Mortuary- Payson

587 South 100 West

Payson, UT 84651

Phone: (801) 465-

3846

Fax: (801) 465-2507

Email: info@walkerfamilymortuary.com or

mjdwitt@xmission.com

Website: www.walkerfamilymortuary.com

PLEASANT GROVE

Olpin Family Mortuary

494 South 300 East

Pleasant Grove, UT 84062

Phone: (801) 785-3503

Fax: (801) 785-9963

Email:

moreinfo@olpinfamilymortuary.com

Website: www.olpinfamilymortuary.com

PRICE

Fausett Mortuary

680 East 100 South

Price, UT 84501

Phone: (435) 637-

1181

Fax: (435) 637-6995

Email: gfausett@afnetinc.com

Mitchell Funeral Home

233 East Main St.

Price, UT 84501

Phone: (435) 637-

2668

Fax: (435) 637-6963

Email: retzel@emerytel.com.net

PROVO

Berg Mortuary

185 East Center St.

Provo, UT 84606

Phone: (801) 373-1841

Fax: (801) 371-0110

Email: info@bergmortuary.com

Website: www.bergmortuary.com

Walker Mortuary- Provo

85 East 300 South

Provo, UT 84606

Phone: (801) 373-6668

Fax: (801) 374-2151

Email: info@walkerfamilymortuary.com

Website:

www.walkerfamilymortuary.com

RICHFIELD

Neal S. Magleby & Sons Mortuary

50 South 100 West

Richfield, UT 84701

Phone: (435) 896-5484

Fax: (435) 896-8526

Email: services@maglebymortuary.com

Website: www.maglebymortuary.com

Springer- Turner Funeral Home

260 North 400 West
Richfield, UT 84701
Phone: (435) 896-6333
Fax: (435) 896-1727

Email: springertumeng@hotmail.com
Website: www.springerturner.com

ROOSEVELT**Hullinger Mortuary**

457 East 300 North (104-15)
Roosevelt, UT 84066
Phone: (435) 722-2426
Fax: (435) 722-2427

Email: h111@hullingermortuary.com
Website: www.hullingermortuary.com

Lindquist Mortuary- Roy

3333 West 5600 South
Roy, UT 84067
Phone: (801) 774-5666
Fax: (801) 774-5680

Email: llm@lindquist111mortuary.com
Website: www.lindquistmortuary.com

Myers Mortuary- Roy

5865 South 1900 West
Roy, UT 84654
Phone: (801) 825-2239
Fax: (801) 779-0129

Email: info@myers-mortuary.net
Website: www.myersmortuary.com

SALINA**Magleby-Jenson Mortuary**

150 North State St.
Salina, UT 84654
Phone: (435) 529-3840

Fax: (435) 896-8526
Email: services@l111aglebymortuary.com
Website: www.maglebymortuary.com

Springer-Turner Funeral Home

150 East Main St.
Salina, UT 84654
Phone: (435) 529-3821
Fax: (435) 529-7604

Email: springelturner@hubwest.com or
springerturner@hotmail.com
Website: www.springerturner.com

SANTAQUIN**Holladay-Brown Funeral Home**

66 South 300 East
Santaquin, UT 84655
Phone: (801) 754-3692
Fax: (801) 754-1225

Email: info@holladaybrown.com
Website: www.holladaybrown.com

SPANISH FORK**Walker Mortuary- Spanish Fork**

187 South Main Street
Spanish Fork, UT 84660
Phone: (801) 798-2169
Fax: (801) 798-0733

Email: info@walkerfamilymortuary.com
Website:

www.walkerfamilymortuary.com

SPRINGVILLE**Wheeler Mortuary**

211 East 200 South
Springville, UT 84663
Phone: (801) 489-6021
Fax: (801) 489-0361

Email: wheelermortuary@msn.com
Website: www.wheelermortuary.com

ST. GEORGE**Metcalf Mortuary**

300 West St. George Blvd.
St. George, UT 84770
Phone: (435) 673-2454
Fax: (435) 674-0209

Email: ron@metcalfmortuary.com
Website: www.metcalfmortuary.com

Spilsbury & Beard Mortuary

110 South Bluff St.

St. George, UT 84770

Phone: (435) 673-2454

Toll-free. (888) 673-2454

Fax: (435)673-0911

Email: spilsburymortuary@infowest.com

Website: www.spilsburymorturay.com

TOOELE**Tate Mortuary**

110 South Main

Tooele, UT 84074

Phone: (435) 882-0676

(Available 24 hours)

Website: www.tatemortuary.com

TREMONTON**Rogers & Taylor Funeral Home**

111 North 100 East

Tremonton, UT 84337

Phone: (435) 257-3424

Fax: (435) 257-7384

Email: info@nelsonfuneralhome.com

Website: www.rogersandtaylor.com

VERNAL**Thomson-Blackburn Vernal Mortuary**

15 East 100 north

Vernal, UT 84078

Phone: (435) 789-2611

Fax: (435) 789-8752

Email: vernalmortuary@sbtnet.col11

Website: www.vernalmortuary.com

LOCAL MORTUARIES

HOLLADAY

Cannon Mortuary

2460 East Bengal Blvd.

Holladay, UT 84121

Phone: (801) 942-6301

Fax: (801) 942-8240

Email: cannonmortuary@msn.com

Holladay Cottonwood Mortuary

4670 South Highland Drive

Holladay, UT 84117

Phone: (801) 278-2801

Fax: (801) 278-4190

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

Holladay Memorial Cemetery & Salt

Lake Peace Mausoleum

4900 South Memory Lane

Holladay, UT 84117

Phone: (801) 278-2803

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

Mountain View Memorial Mortuary & Cemetery

3115 East 7800 South

Holladay, UT 84121

Phone: (801) 943-0831

Fax: (801) 943-3631

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

MAGNA

Peel Funeral Home

8525 West 2700 South

Magna, UT 84044

Phone: (801) 250-2624

Fax: (801) 250-4063

Email: bpeel@peelfuneralhome.com

Website: www.peelfuneralhome.com

MIDVALE

Goff Mortuary

8090 South State St.

Midvale, UT 84047

Phone: (801) 255-7151

Fax: (801) 255-7062

Email: goff@utahis.com

Website: www.goffmortuary.com

MURRAY

Jenkins-Soffe Mortuary

4760 South State St.

Murray, UT 84107

Phone: (801) 266-0222

Fax: (801) 268-4726

Email: info@jenkins-soffe.com

Website: www.jenkins-soffe.com

Memorial Mortuary

5850 South 900 East

Murray, UT 84121

Phone: (801) 262-4631

Fax: (801) 268-4076

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

RIVERTON

Broomhead Funeral Home

12590 South 2200 West (McDougal Dr.)

Riverton, UT 84065

Phone: (801) 254-3389

Fax: (801) 253-4978

Email:

info@broomheadfuneralhome.com

Website:

www.broomheadfuneralhome.com

SALT LAKE CITY

Deseret Memorial Mortuary

36 East 700 South
Salt Lake City, UT 84111
Phone: (801) 364-6528
Fax: (801) 365-0097
Email: deseret@securitynational.com or
info@celebratinglife-ut.com
Website: www.memorialutah.com

Evans and Early Mortuary

574 East 100 South
Salt Lake City, UT 84102
Phone: (801) 355-5323
Toll-Free: 1-800-344-6489
(Call this number for immediate needs)
Website: www.evans-earlymortuary.com

Garner Funeral Home

1101 U Ave.
Salt Lake City, UT 84103
Phone: (801) 363-7065
Fax: (801) 364-6350
Email: garner@xmission.com
Website: www.garnerfuneral.com

Holbrook Mortuary

3251 South 2300 East
Salt Lake City, UT 84109
Phone: (801) 484-2045
Fax: (801) 467-6828
Email: johnholbrook@yahoo.com
Website: www.holbrookmortuary.com

Independent Funeral Service

2746 South State St.
Salt Lake City, UT 84115
Phone: (801) 486-2688
Fax: (801) 486-2688
Email: indfunserv@aol.com
Website:
www.independentfuneralserviceut.com

Larkin Mortuary

260 East South Temple
Salt Lake City, UT 84111
Phone: (801) 582-1582
Fax: (801) 322-0343
Email: larkin@larkimllortuary.com
Website: www.larkinmortuary.com

Larkin Sunset Lawn

2350 East 1300 South
Salt Lake City, UT 84108
Phone: (801) 582-1582
Fax: (801) 582-5923
Email: larkin@larkimllortuary.com
Website: www.larkinmortuary.com

Neil O'Donnell & Sons Mortuary, Inc.

372 East 100 South
Salt Lake City, UT 84111
Phone: (801) 363-6641
Fax: (801) 363-0487
Email: odnsons@qwest.net

Russon Brothers Mortuary

255 South 200 East
Salt Lake City, UT 84111
Phone: (801) 328-8846
Fax: (801) 364-5419
Email: info@russonlunortuary.com
Website: www.russonmortuary.com

Wasatch Lawn Mortuary

3401 S Highland Dr.
Salt Lake City, UT 84106
Phone: (801) 466-8687
Toll-free: 1-800-344-6489
(Call this number for immediate needs)
Website: www.wasatchlawn.com

SANDY

Lake Hills Memorial Mortuary

10055 South State St.

Sandy, UT 84070

Phone: (801) 566-1249

Fax: (801) 566-0126

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

Larkin Sunset Gardens

1950 East 10600 South

Sandy, UT 84092

Phone: (801) 571-2771

Fax: (801) 572-3217

Email: larkin@larkinmortuary.com

Website: www.larkinmortuary.com

Sereni Care, Inc.

8535 S 700 West #E

Sandy, UT 84070

Phone: (801) 255-2801

Fax: (801) 255-2844

Toll-free: (800) 945-9723

E-mail: info@serenicare.com

Website: www.serenicare.com

TAYLORSVILLE

Independent Professional Services (Cremation)

4555 S Redwood Road

Taylorsville, UT 84123

Phone: (801) 263-8200

Fax: (801) 263-6352

Email: mail@ipscrematory.com

Website: www.ipscrematory.com

McDougal Funeral Homes

4330 South Redwood Rd.

Taylorsville, UT 84123

Phone: (801) 968-3800

Fax: (801) 968-4321

Email: smond1@aol.com

Website:

www.mcdougalfuneralhomes.com

WEST JORDAN

Redwood Memorial Mortuary & Cemetery

6500 South Redwood Road

West Jordan, UT 84123

Phone: (801) 969-3456

Fax:

Email: info@celebratinglife-ut.com

Website: www.memorialutah.com

WEST VALLEY CITY

Valley View Memorial Park & Funeral Home

4335 West 4100 South

West Valley City, UT 84120

Phone: (801) 969-1081

Toll-free: 1-800-344-6489

Fax: (801) 969-7198

Website: www.valleyviewfuneral.com

Things to do when a loved one dies

- 1) **If the loved one was a veteran**, contact Regional Veterans Affairs (flag and benefits (1-800-555-1212) or go to www.va.gov
 - a) If the deceased was a veteran who received a discharge, other than dishonorable, (Burial in a national cemetery is free to a veteran, his/her spouse, and dependent children), the survivors may be eligible to receive a lump-sum payment of \$300 for burial expenses and an allowance of \$150 toward a plot in a private cemetery.
 - b) Veterans are also eligible for a headstone or grave marker at no charge.
- 2) **Look for** deeds, bankbooks, account statements, stock certificates, investment account statements, insurance policies, savings accounts, and land titles.
- 3) **Ask the bank** to release joint bank account funds to the next of kin. Set up a new account to handle funds received after the death. Check with the bank representative to change the title and signature card on the account.
- 4) **Secure an ample amount of certified copies of the death certificate** (they cost more later).
- 5) **If possible, locate** the marriage certificate, birth certificate, military discharge papers, social security card, & tax forms. You will need these to establish claims for social security, life insurance, or veteran's benefits.
 - a) If you cannot find a copy of the military discharge, write the national Personnel Record Center (9700 Page Ave., St. Louis, MO, 63132), attention to the branch of service for which your loved one served.
 - b) Marriage certificates are available at the office of the County Clerk where the marriage license was issued.
 - c) Birth certificates are available at either the state or county Public Health Office.
 - d) Will. The lawyer of the deceased may have the will or it may be in a safe deposit box or with personal belongings of the deceased.
 - i) If the deceased did not have a will, this is referred to as dying "intestate." In this case, the estate, including property and assets belonging to the deceased, will be disbursed according to state law. Contact the Probate Court for details.
 - ii) Probate is the process of paying the deceased's debts and distributing the estate to the rightful beneficiaries. This process begins with the court appointing someone to administer the estate.
 - iii) Consult a lawyer you can trust who specializes in wills, estates, and probate. Discuss fees before you engage any legal help. If things get tied up in probate, ask if you can receive an allowance for living expenses while waiting for all claims and taxes to be determined.
- 6) **Notify the insurance companies** (in writing) that insured your loved one. Each company, if there is more than one, needs a statement of claim and a death certificate

before the beneficiaries can be paid. Keep copies of all correspondence. There are many ways insurance money can be paid out to the survivors. If you do not need all of the money right away, discuss with the insurance agent all of your options for being paid and choose the best for your situation.

- a) Types of insurance could include: life insurance, mortgage or loan insurance, accident insurance, auto insurance, credit card insurance, and various types of insurance provided by the deceased's employer.
- 7) **Contact the Social Security Office** (1-800-772-1213) to find out if the deceased was eligible for Social Security or if you are eligible for new benefits. Social Security benefits are not automatically paid out after a death; you must apply for them. Check on benefits for dependent children. If your loved one was a veteran, apply for veterans' benefits at the nearest VA office.
- a) Eligible spouses or a child entitled to survivor's benefit may be eligible for \$255.00 toward burial expenses.
 - b) When applying for Social Security benefits, you should have available birth and death certificates of the deceased, marriage certificate of the spouse, birth certificates of any dependent children, Social Security numbers, and copies of the deceased's most recent federal income tax return.
 - c) Ask the Social Security Administration for any information on current rules regarding benefits for widowed or dependent persons. Ask about Medicare.
- 8) **Employee Benefits:** if the deceased was employed at the time of death, the survivor should contact the employer regarding any benefits for the survivor. The employer may have provided life, health, or accident insurance. The deceased may be due a final paycheck for vacation or sick leave.
- a) If the deceased was already retired and received a pension, check with the employer to determine if survivors will continue to receive a pension payment and whether the payment will be reduced.
- 9) **Write a formal letter to your loved one's union** or any other group or professional organization with which your loved one had an association. Many of these organizations have insurance policies, which may list beneficiaries. Inquire about any 401K pension or company stock benefits. Keep copies of all letters.
- 10) **Advise all creditors in writing**, including issuers of credit cards that your loved one had. If they had any loans, find out if they are insured. Any payments due on these credit cards should be paid by the estate. If you do not have credit in your name, it is a good idea to open an account for yourself before closing the accounts in your loved one's name.
- 11) **See a tax accountant** sometime within the next 6 months. In many cases, federal law requires that an estate tax return must be filed within nine months of the death. Since tax laws are constantly being revised, it is important to seek our expert advice to determine your full tax liability.
- a) The federal and state income taxes of the deceased are due for the year of the death. The IRS offers a booklet (publication #559: Information for Survivors, Executors, and Administrators) which may be helpful.

12) Steps for Surviving Spouses

- a) Insurance policies:
 - i) Consider if the beneficiaries on your own life insurance policies need to be changed.
 - ii) Consider if you need the same amount of life insurance.
 - iii) Review your auto and home insurance policies for any necessary changes.
 - iv) Check to see if you and any dependent children can continue to receive medical insurance coverage for a certain amount of time if you pay the premiums.
 - v) If needed, consider purchasing your own medical insurance.
 - vi) Update your own will. Contact your attorney for assistance.
- b) Auto: The title of the car by the deceased may need to be changed. Contact the State Department of Motor Vehicles.
- c) Safe Deposit Box: In most states, if the box was rented in only the name of the deceased it will require a court order to open the box. Only the will or any other materials pertaining to the death can be removed before the will has been probated.
- d) Credit Cards: notify the credit card companies that your spouse is deceased, and that the credit card should list your name only.
 - i) When applying for a card, be sure to inform the lender about the credit cards you shared with your spouse, even if your name was not listed.
- e) General Finances: Debts owed by the deceased will be the responsibility of the estate and should be forwarded to the personal representative or executor who is settling the estate. However, debts which are jointly owed, particularly mortgage payments, and utility or phone bills, should be paid by the survivor in order to keep a good credit rating.
- f) Professional Assistance: You may need the services of a lawyer or financial advisor. One good place to begin finding names of competent professionals is from friends or family members who have had successful dealing with the kind of advisors you are seeking. The local Bar Association may also be able to provide referrals.

13) **Temptations to resist:** Even people who have easily and comfortably handled all their personal and family business for decades may find that grief has paralyzed their ability to pay even the simplest bill. The trauma of losing your loved one cannot be turned off when the time comes to take care of business. All you can do is your best- and don't be rushed. Don't make major changes like selling a home or moving in with children or parents for at least a year.

Your family's health is at a critical point right now. The physical demands on you have been enormous. Take care of yourself and try to get other family members to take care of themselves.

Explaining Suicide to Children

"What should I tell the children?"

A question often asked after the suicide of a loved one. The answer - the truth.

Many people still believe it is best to shield children from the truth, that somehow this will protect them. More often than not, the opposite is true. Misleading children, evading the truth, or telling falsehoods to them about how someone died can do much more harm than good; if they happen to hear the truth from someone else, their trust in you can be difficult to regain. Not knowing can be terrifying and hurtful. We've always been told that "honesty is the best policy" and just because the subject is suicide, that doesn't mean this time is any different.

What children might be feeling after losing someone they love to suicide:

1. Abandoned- that the person who died didn't love them.
2. Feel the death is their fault- if they would have loved the person more or behaved differently.
3. Afraid that they will die too.
4. Worried that someone else they love will die or worry about who will take care of them.
5. Guilt-because they wished or thought of the person's death.
6. Sad.
7. Embarrassed-to see other people or to go back to school.
8. Confused.
9. Angry-at the person who died, at God, at everyone.
10. Lonely.
11. Denial-pretend like nothing happened.
12. Numb-can't feel anything.
13. Wish it would all just go away.

Children and adolescents may have a multitude of feelings happening at the same time or simply may not feel anything at all. Whatever they are feeling, the important thing to remember is that they understand it is okay to feel. And that whatever those feelings are, they have permission to let them out. If they want to keep them to themselves for awhile, that's okay too.

How do we explain suicide to children or young people? It may seem impossible and too complex to even try, but that's exactly what we must do-try! Their age will be a factor in how much they can understand and how much information you give them. Some children will be content with an answer consisting of one or two sentences; others might have continuous questions, which they should be allowed to ask, and to have answered.

After children learn that the death was by suicide, one of their first questions might be, "What is suicide?" Explain that people die in different ways-some die from cancer, from heart attacks, some car accidents and that suicide means that a person did it to him or herself. If they ask how, once again it will be difficult, but be honest.

Some examples of explaining why suicide happens might be: "He had an illness in his brain (or mind) and he chose to make his own body stop working." "His brain got very sick and he chose to die." "The brain is an organ of the

body just like the heart, liver and kidneys. Sometimes it can get sick, just like other organs." "She had an illness called depression and it caused her to make the choice to die." (If someone the child knows, or the child herself, is being treated for depression, it's critical to stress that only some people die from depression, not everyone who has depression. There are many options for getting help, e.g. medication, psychotherapy or a combination or both.)

A more detailed explanation might be: "Our thoughts and feelings come from our brain, and sometimes a person's brain can get very sick- the sickness can cause a person to feel very badly inside. It also makes a person's thoughts get all jumbled and mixed up, so he can't think clearly. Some people can't think of any other way of stopping the hurt they feel inside. They don't understand that they don't have to feel that way, that they can get help."

(It's important to note that there are people who were getting help for their depression and died anyway. Just as in other illnesses, a person can receive the best medical treatment and still not survive. This can also be the case with depression. If this is what occurred in your family, children and adolescents can usually understand the analogy above when it is explained to them.)

Children need to know that the person who died loved them but that because of the illness, the person may have been unable to convey that to them or think about how the children would feel after the loved one's death. They need to know that the suicide was not their fault, and that nothing they said or did, or didn't say or do, caused the death.

Some children might ask questions related to the morals of suicide-good/bad, right/wrong. It is best to steer clear of this, if possible. Suicide is none of these-it is something that happens when pain exceeds resources for coping with that pain.

Whatever approach is taken when explaining suicide to children, they need to know they can talk about it and ask questions whenever they feel the need, to know that there are people there who will listen. They need to know that they won't always feel the way they do now, that things will get better, and that they will be loved and taken care of no matter what.

Suggested Reading:

- ✓ Child Survivors of Suicide: A Guidebook for Those Who are for Them, by Rebecca Parkin with Karen Durzne-Maxim
- ✓ When Dinosaurs Die-Guide to Understanding Death, by Laurie Krasny Brown & Marc Brown
- ✓ The Grieving Child: A Parent's Guide, by Helen Fitzgerald
- ✓ Talking About Death: A Dialogue between Parent & Child by Earl A. Grollmon

TracyPierson-1996

SA\VE-Suicide Awareness \ Voices of Education, P.O.Box24507, Minneapolis, MN 55424

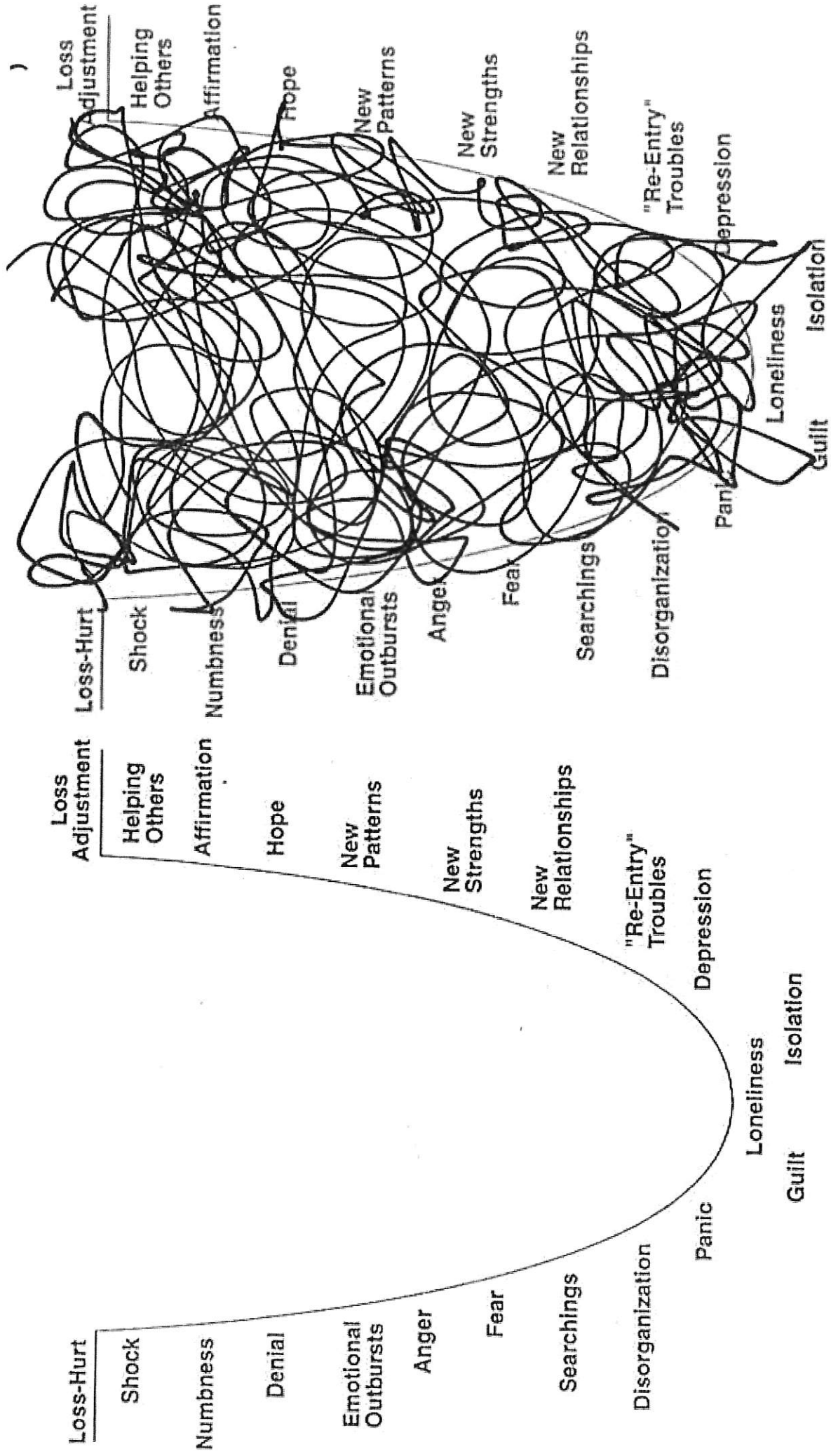
Phone: (612)946-7998, www.save.org

E-Mail: save@wintemet.com

<http://www.save.org/EXPLSUIC.HTM>

STAGES OF GRIEF

My experience



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Programs in Utah

The Sharing Place*

1695 East 3300 South
Salt Lake City, UT 84106
801-466-67303

<http://www.thesharingplace.org> (<http://www.thesharingplace.org/>)

The Sharing Place offers grief support groups for children ages 3-18 and their parents/caregivers after the death of a loved one. Groups are separated by age and meet bi-monthly.

Primary Children's Medical Center

100 Medical Drive
Salt Lake City, UT 84113
801-662-1000 or 801-662-3778

The Grief Center

1050 E. South Temple
Salt Lake City, UT 84102
(801) 350-4191

The Family Summit Foundation

A Center For Grieving Children

1724 East 5600 South
Ogden, UT 84403

(801) 476-1127

<http://familysummit.com> (<http://familysummit.com>)

Caring Connections: A Hope & Comfort in Grief Program

Salt Lake City, UT 84112

(801) 585-9522

<http://nursutah.edu/caringconnections> (<http://nursutah.edu/caringconnections>)

National Alliance for Grieving Children

3500 North A Street, Suite A-2

Midland, TX 79705

(866) 432-1542

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Understanding Grieving Children - By Age Group

Age	Concept of Death	Grief Response	Developmental Stage/Task	Signs of Distress	Possible Interventions
2-4	Egocentric; believes world centers around them; narcissistic; no cognitive understanding; pre-conceptual; unable to grasp concepts	Seen as abandonment; seen as reversible, not permanent; common statements, "Did you know my daddy died?" "When will he be home?"	Intensive response but brief; very present oriented; most aware of altered patterns of care; repeated questions	Regression; changes in eating and sleeping patterns; bedwetting; general irritability and confusion	Short and honest interactions; frequent repetition; comforting, reassurance; nurturing; consistent routine.
4-7	Gaining sense of autonomy; exploring world outside of self; gaining language; fantasy thinking and wishing; Initiative phase seeing self as initiator; concerns of guilt	Death still seen as reversible; great personification of death; feeling of responsibility because of wishes and thoughts; common statements, "It's my fault. I was mad at her and wished she'd die."	Verbalization; great concern with process; How? Why?; repetitive questioning; may act as though nothing has happened; general distress and confusion	Regression; nightmares; sleeping and eating disturbances; violent play; attempts to take on role of person who died	Symbolic play using drawings and stories; allow and encourage expression of energy and feelings through physical outlets; talk about it
7-11	Concrete thinking; self-confidence develops; beginning of socialization; development of cognitive ability; beginning of logical thinking	Death as punishment; fear of bodily harm and mutilation; this is a difficult transition period, still wanting to see death as reversible but beginning to see it as final	Specific questioning; desire for complete detail; concerned with how others are responding; What is the right way? How should they be responding?; starting to have ability to mourn and understand mourning	Regression; problems in school, withdrawal from friends; acting out; sleeping and eating disturbances; overwhelming concerns with body; suicidal thoughts (desire to join one who died); role confusion	Answer questions; encourage expression of range of feelings; encourage and allow control; be available but allow time alone; symbolic play; allow for physical outlets; Talk about it
11-18	Formal operational problem solving; abstract thinking; integration of one's own personality	"ADULT" approach; ability to abstract; beginning to truly conceptualize death; work at making sense of teachings	Depression; denial; repression; more often willing to talk to people outside of family; traditional mourning	Depression; anger; anger toward parents; non-compliance; rejection of former teaching; role confusion; acting out	Encourage verbalization; do not take control; encourage self-motivation; listen; be available; do not attempt to take grief away

Courtesy of the Dougy Center for Grieving Children

The Sharing Place 1695 East 3300 South, Salt Lake City, Utah 84106 | Phone: 801-466-6730 | Fax: 801-466-0422



A CHILD'S CONCEPT OF DEATH

A unique characteristic of children is their insatiable appetite for answers to their questions. Children are especially interested in why death occurs and why it can't be "fixed".

INFANCY TO TODDLER YEARS

- There is no concept of death.
- The child reacts to the emotions and feelings of the parents.
- The grief of others permeates their environment.

REACTIONS

- Crying.
- Regurgitation or vomiting.
- Regression in toilet habits.

INTERVENTIONS

- Confront the behavior with professional help.
- Keep the routine as normal as possible.
- Physical reassurance through holding and talking to the child.

FROM THREE TO FIVE

- Children this age live mostly in the present.
- They deny death as a normal and final process.
- They equate death with sleep. In time, the person will awaken.
- Death is measured in degrees - "kind of" dead to "real" dead.
- They begin to form a vague understanding of what death is, but they believe it only happens to other people.

REACTIONS

- May show little concern when told of a death.
- May regress to infantile behavior.
- Fears separation from significant others.
- Asks repeated questions about the person who died.

INTERVENTIONS

- State the fact of death. Do not use clichés.
- Keep explanations short and simple.
- Respond to their security needs.

FROM SIX TO NINE

- They have a clearer understanding of death.
- Comprehend they, too, can die.
- Begin to fear death; often see it as punishment.
- Realize death is final and people they love can die.

REACTIONS

- High anxiety.
- Less willing to talk about death.
- Grief reactions ebb and flow.

INTERVENTIONS

- Respond compassionately.
- Refrain from using clichés.
- Be responsive to their needs.
- Reassurance.
- Use art and stories to aid their expression of grief.

FROM TEN TO TWELVE

- View death not only as final but inevitable.
- Curious about the biological aspects of death.
- To hide their fear, they often joke about death.
- Not unusual for them to feel some responsibility for the death.

REACTIONS

- Separation anxiety and fear.
- May lose some manual skills.
- Daydreaming. At school, grades may fall.
- This is the "fix it" age.
- They tend to emotionally distance themselves.

INTERVENTIONS

- Give compassionate answers to their questions.
- Give them permission to vent their feelings.
- Listen attentively.
- Give an honest explanation of the death.

TEENAGE YEARS

- More adult processes are evident.
- They fluctuate between acknowledging death as final and wanting to believe it is just a rumor.

- They have feelings of immortality at the same time realizing life is fragile.
- To defy death, they engage in risk taking behavior.

REACTIONS

- Assume the adult role, especially with younger siblings.
- Preoccupation with death.
- May attempt suicide as a gesture.
- Often show anger and aggression.

INTERVENTIONS

- Encourage communication.
- Involve a trusted friend.
- Engage in loving confrontation when needed.
- Provide professional help when necessary.



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