

MAiD: Grief & Bereavement

The process of losing someone we love can be one of the most difficult experiences we face. During this time accessing grief and bereavement supports can be an overwhelming process. Losing someone to an assisted death, for some, can be even more challenging. When you're ready, this guide is a good place to begin when trying to navigate your grief and get a sense of the resources available to you.

Vancouver Coastal Health (VCH) Grief & Bereavement Resources

VCH has an extensive list of pamphlets and booklets that can be read and shared online, or printed off in hard copy. Many of these resources are also translated into multiple different languages.

These can be found at: vch.eduhealth.ca which is where all [Patient Health Education Materials \(PHEM\)](#) are accessible. Recommended resources include:

- [Bereavement Information](#)
 - A booklet that includes topics like the grief journey, understanding emotions, coping and an extensive list of Vancouver area resources
- [Preparing Children For Loss](#)
 - A booklet that includes topics like tips, challenges, developmental stage guidance and recommendations for supporting a child
- [Understanding Grief](#)
 - A pamphlet that includes topics like what to expect, the grief process and what may help
- [Living Through the Death of Your Partner or Spouse](#)
 - A pamphlet that includes topics like what does and what doesn't help
- [Adults Grieving the Death of a Parent](#)
 - A pamphlet that includes topics like changed relationships, as you grieve and powerful emotions
- [Teachings to Support Grief and Loss in First Nations, Inuit and Métis Communities](#)
 - Provides information and resources on grief and loss, personal stories and traditional teachings that may help Indigenous individuals and families



MAiD Grief & Bereavement Resources

- [Dying with Dignity Canada](#) find support page
 - Offers lots of information surrounding MAiD, phone-based counselling support and ways to get involved
- [Bridge C-14](#)
 - Supports families experiencing a MAiD death (includes online support forums and more)
- [MAiD Family Support Society](#)
 - Provides compassionate, lived-experience support and connection for loved ones of those considering, planning, or have had an assisted death
- [Canadian Virtual Hospice](#) MAiD Page
 - [MyGrief](#) and [MAiD Module](#) (Free account may be required)

General Grief & Bereavement Resources

- [BC Bereavement Helpline](#) (or phone: 1-877-779-2223)
- [Vancouver Hospice Society](#)
- [Kidsgrief.ca](#)
- [Canadian Virtual Hospice](#)
- [BC Cancer Agency](#)
- [HealthLink BC](#)
- [YouthSpace](#)
- [Metro Vancouver Indigenous Services Society](#)

This document is a guide containing commonly shared resources, it does not contain every possible resource. Please feel free to contact the Assisted Dying Program if you have questions or comments.

Vancouver Coastal Health Assisted Dying Program

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