

Worksheet 4: Therapeutic Services and Grief Counseling

- 1. Have you ever attended therapy or counseling sessions?**

- 2. How do you currently manage feelings of grief or sadness?**

- 3. Would you be open to joining a peer support or grief counseling group?**

- 4. What kinds of therapeutic activities (talk therapy, art therapy) appeal to you?**

- 5. What prevents you from seeking mental health support?**
