

Seek Support



It can be difficult to face reality when you experience the loss of a loved one. Knowing that everyone is uniquely different helps explain that there can be many different reactions to grief. It is important to understand that everyone experiences grief in their own way, that there is no timeline for grief, and that grief does not come in stages, but tends to be more cyclical in nature.

Seek Support:

Friends and family want to be helpful, but may not fully understand the impact the trauma has had upon you. You can let them know that you may experience some of the reactions listed above and that your reactions should be temporary.

Consider talking to a professional counselor who is familiar with post traumatic stress, especially if you feel overwhelmed. It is important that you evaluate and choose a counselor you feel can meet your needs.

Ask for support don't be alone.

Important Numbers

FUNERAL DIRECTORS, HOMES & PRE-PLANNING

Casillas Family Funeral Home
85891 Grapefruit Blvd., Coachella
(760) 398-1536

Cremations Services of the Desert
660 Vella Rd., Palm Springs
(760) 778-2597

Desert Transport Services
65881 5th Ave. Desert Hot Springs
(760) 329-1113

**Forest Lawn Memorial Parks
& Mortuaries**
Toll Free 800-204-3131

Rose Mortuary & Crematory
66424 Pierson Blvd., Desert Hot Springs
(760) 251-7673

Rose Mortuary & Crematory
Yucca Valley
(760) 365-6645

Trident Society
www.tridentsociety.com FD1902
72-116 Highway 111, Rancho Mirage
(760) 837-9309

Fitzhenry-Wiefels Mortuary
83-057 Requa St., Indio
(760) 347-2265

**RIVERSIDE COUNTY
SHERIFF- CORONER**
(760) 863-8311
Fax (760) 391-4036



**INDIO
POLICE**

*"Our Community...
Our Commitment"*

Times of Need During Traumatic Situations



Provide by
Chaplain Unit

Indio Police Department
46-800 Jackson St.
Indio, CA 92201
Phone: 760-391-4057
Fax: 760-391-4036
www.indiopd.org

Commonly Asked Questions

Where is my loved one being taken?

To the County Sheriff-Coroner's facility or under certain conditions to the mortuary of your choice.

Can I come see them there?

The visitation of the loved one is done At the funeral home.

What do I do now?

Contact the funeral director of your choice and tell them what happen.

Is an autopsy always performed ?

Not always. If the death is "natural death" and the deceased has a physician who knows the medical causes of the death and will furnish the Sheriff-Coroner with an acceptable cause, the Sheriff-Coroner will normally not perform an autopsy.

Why are autopsies performed?

There are number of reasons autopsies are performed. However, the basic reason is to determine the medical cause. Another reason is to gather evidence For presentation in a court of law. At a later date, you may be glad we obtained this information for you.

When can we have a funeral?

The Sheriff-Coroner will complete their investigation as soon as possible and releases the remains to the funeral home of the family's choice. The funeral director will work with the Sherriff-Coroner and should be able to assist you.

Coping With Grief

Shock: When loss is sudden and unexpected, your body may go into shock. This is a normal "self-protection" reaction. Usually, it is for a brief period, depending on the severity of the loss and your emotional state of being at that time.

Denial: Because the loss is so devastating, you may refuse to accept facts, sometimes to the point of fantasizing that your departed one is still alive. This is a common occurrence, especially with a sudden loss.

Emotional Release: Your emotions may be manifested by crying, venting of feelings, mood swings, and in some cases, screaming. These and other feelings are a normal part of expressing your emotions.

Depression and Loneliness: You may experience thoughts of despair and occasional hopelessness. Knowing that these feelings are normal and will last (in most cases) for a brief period of time can be helpful.

Physical Symptoms of Distress: Recognize that your immune system is on overdrive during extreme stress. It is important to take care of yourself physically: Attempt to eat healthy foods, get some exercise and try to rest. It is not unusual to feel extremely tired and lethargic in the first days and weeks following the death of a loved one. Sugar and alcohol can add to feelings of depression.

Panic: Some people may occasionally experience panic attacks. You may feel something is very wrong with you, and perhaps even ask questions like "Am I losing my mind?"

Stages of Grief

Talking about and expressing your feelings can help.

Guilt Feelings: Guilt is a very common grief reaction. You may feel guilty about something you said or didn't say, something you didn't do. Even though you may realize there is nothing you could have done to prevent the death, you may feel guilty that you didn't do "more" to save the person who died. If you are experiencing feelings of guilt, it is important to find a safe place to talk about it, without being talked out of it by well meaning friends.

Hostility: Feeling angry is not uncommon, nor is it unusual to be angry with the person who died. The important thing is to find ways to express anger in ways that don't harm yourself or anyone else.

Inability to Renew Normal Activities: You may find that you just can't get back to "business as usual." Perhaps you may feel the need to withdraw from people for a period of time. Use this time of solitude to take care of yourself.

Acceptance and Gradual Recovery From the Loss:

Find comfort in knowing that your grief will not last forever. It is common for grievers to search for and find a new sense of wholeness and well-being.

Readjustment to the New Realities: This is realizing you are not your "old Self," but there is a new situation ahead of you. You are beginning to live again.