

Empath Grief Care offers counseling for individuals or families coping with a serious illness or death of a loved one. We also provide specialized counseling for anyone impacted by a sudden death or for families who experience a miscarriage or death of a baby.

Our licensed counselors and certified child life specialist are experts in working with children, families, illness and unexpected, traumatic loss. Services can be provided at our community service centers, at workplace locations or virtually online. You are not alone. We can help you sort through emotions, deal with changes and find peace and hope for the future.



## About Empath Grief Care

Empath Grief Care, a member of Empath Health, provides supportive individual and group counseling services for adults and children experiencing traumatic or complex grief or needing crisis intervention in Pinellas and Hillsborough counties. In addition, specialized counseling is available for individuals who have been diagnosed with a serious illness or suffering the loss of a baby, either before or after birth.



(727) 523-3451 | [EmpathGriefCare.org](https://EmpathGriefCare.org)

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# Empath Grief Care

Support During Illness  
and Healing After Loss



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## Illness Support and Grief Counseling

A serious illness can affect entire families. We offer supportive counseling services for individuals and their families, from diagnosis throughout an illness. We also provide counseling for grieving families. Services can help those who are:

- Recently diagnosed with a serious illness
- Recovering from an accident or medical event
- Diagnosed with a chronic illness
- Diagnosed with a terminal illness and not receiving hospice care
- Grieving the death of a loved one

### Individual and Group Counseling

A loved one's death can be heartbreaking. We offer individual counseling sessions and specialized programs (groups, retreats, camps, etc.) for families who have lost a loved one.

*We are here to help you, your family, friends and workplaces begin to heal.*

### Traumatic, Sudden Loss Counseling

A sudden, traumatic death of a loved one can be especially difficult. We offer specialized sessions for children, teens and adults who have lost someone unexpectedly. These losses may include:

- Accidents
- Suicides
- Homicides
- Natural disasters
- Diseases or illnesses
- Multiple losses

### Perinatal Loss Counseling

A death of a baby or miscarriage can be devastating. We offer specialized support for families who have experienced a miscarriage, stillbirth or death of a baby shortly after birth.

### Crisis Intervention Counseling

An unexpected death of a coworker, friend or someone else close can bring major hardship to the community. We offer one-time group counseling sessions at workplace locations.

### Educational Presentations

A one-hour presentation or workshop series exploring specialized grief issues is available for groups.

### Virtual Counseling

Zoom and phone services are available for those who are physically unable to come to our offices.

### Paying for Services

When you call, our intake specialist will discuss fees, complete a pre-assessment and schedule a counseling appointment.

### Signs You May Be Grieving

- Feelings of shock or numbness
- Intense or persistent thoughts about the death of your loved one
- Flashbacks or nightmares
- Difficulty completing simple tasks
- Inability to get out of bed
- Depression or panic attacks
- Difficulty sleeping

