



# ARE YOU GRIEVING?

You are not alone. We help connect New Mexicans to grief support.

Grief looks different for everyone.  
You may be grieving a death — or a change, diagnosis, relationship, or future you expected.

If you're feeling overwhelmed, uncertain, or simply needing connection, support is available.

## What to Know About Grief:

- Grief is a natural human experience.
- You don't have to "fix" your grief.
- You don't have to explain your grief.
- You don't have to go through it alone.
- Connection with others who understand can make a meaningful difference.
- You are welcome here and resources are available.
- Support is not something you have to earn, deserve, or qualify for.
- It's okay to move through grief at your own pace.



## What We Do:

- We help connect people in grief to support groups, educational opportunities, and grief-informed organizations across New Mexico.
- We work behind the scenes with grief support providers to strengthen community-based support and create support networks.
- While GNA-NM does not provide direct counseling or support, we help connect individuals with support groups, educational opportunities, and community-based grief support.

## Looking for Support?

### Visit Our Website:

<https://gnanewmexico.wixsite.com/grief/are-you-a-griever> >>>

*Explore grief resources and learn more about support available in New Mexico on this page.*



### Follow On Social Media:

Instagram: @gnanewmexico | Facebook: Grief Networking Alliance of New Mexico

### Questions or Have a Specific Need?

Contact us at [gnanewmexico@outlook.com](mailto:gnanewmexico@outlook.com).