

About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

Date: _____ Time: _____

Notes by crew:

Helpful Numbers

| | |
|---------------------------------|-----------------------------|
| Mental Health America | 800-273-TALK (8255) |
| Tarrant County MHMR | 817-668-3022 / 800-866-2465 |
| Tarrant County Medical Examiner | 817-920-5700 |



If you have any questions or comments regarding this brochure contact MedStar Public Information at 817-632-0507 or info@medstar911.org



Managing Care After Injury or Illness



Coping with Grief

Coping with Grief

The sense of grief and loss you experience when someone close to you dies is natural and understandable. When this happens, you go through a process of mourning - numbness, anger and sadness can all be a part of this.

We are very sorry about the death of someone close to you and offer our condolences. You will probably be very upset and find it difficult to think about the next steps to take. We hope this brochure provides useful information that will guide you through some of those next steps.

Understanding How You Feel

Many people feel numb and find it hard to accept the loss when someone close to them dies. It is natural that you will miss the person in many ways. It is common for people to find it hard to concentrate and feel confused or forgetful. The upset of grief can also put significant physical stress on the body and you may feel drained or exhausted.

Expressing your feelings by talking about the death and the person involved can help you get used to your loss and come to terms with the reality of death. It is important to be aware that it can take a considerable amount of time to get back to normal following grief and a slow improvement in the way you feel is to be expected.

Living with Grief

Coping with death is vital to your mental health. It is only natural to experience grief when a loved one dies. The best thing to do is allow yourself to grieve and learn some techniques to help deal with the pain.

- Seek out caring people
- Express your feelings
- Take care of your health
- Be patient
- Seek outside help when necessary

What Will Happen Now

The ambulance crew has confirmed that a death has occurred and obtained formal notification from a doctor to certify the death. Depending on the circumstances, the medical examiner and police department may have been contacted. The medical examiner is required to investigate deaths that were unattended, occurred within 24 hours of admission to a hospital, or occurred from an unknown or unnatural cause. Within 10 days of the investigation, the medical examiner will provide a death certificate to the funeral home. If the death was expected and your doctor has issued a death certificate, contact the funeral home for further assistance.