

CONTACT LIST

after losing a spouse

When you lose your spouse, you are dealing with so many things, that it is easy to overlook important tasks. Between grieving, being lonely and traumatized, and possibly taking on the role of solo parent overnight, you may feel overwhelmed. Use this simple checklist as a reminder to contact people or businesses. This list is not exhaustive, as everyone's life situations are different, but this list contains the most common contacts for most people in the early stages of the grieving process.

MEDICAL

- 911
- Hospice
- Doctor
- Organ Donor Program

FINAL ARRANGEMENTS

- Funeral Home
- Pastor/Clergy
- VA (for military funerals)

CAREER

- Your job/
human resources
- Their job

PERSONAL

- Relatives
- Friends
- Childcare arrangements
- Email accounts
- Social Media accounts

LEGAL

- DMV
- Utilities
- Mortgage Company
- Lawyer
- Financial Advisor

FINANCIAL

- Insurance companies
- Bank
- Social Security office
- VA (for military veterans)
- Credit card companies
- Credit Bureaus

CONCLUSION

This is a difficult time for you. Be kind to yourself, and make to-do lists for yourself every day, if necessary. You may feel overwhelmed with this transition to a life you never asked for. Take the time you need, and seek help before you get overwhelmed. Reach out to friends, family, therapists, groups (in person and online), and visit our site at www.OneHappyWidow.com for more resources.

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