

Bereavement

Free Information and Advice

When someone you love dies



When someone you love dies, it can be very difficult

People feel many things

- Shock or numb – you don't feel anything
- **Can't keep your mind on anything**
- Can't believe the person is really dead
- **Tired all the time**
- Anxious, bad nerves
- **Guilt – because of something that happened with the person, or because you are relieved they have died**
- Angry – with the person for leaving
- **Alone – especially after the funeral**



What can you do?

It is important to look after yourself

Accept your feelings and talk about them if you want to

Eat well, get lots of rest, do some exercise

If you have a religious faith, prayer and going to church can help

Talk to your GP if you want counselling to help you get this difficult time

Accept your feelings and talk about them if you want to...

Useful organisations

Friends, Families and Travellers
 01271 234 777 (helpline)
 or call our Wellbeing support worker on
 07990 516627

Cruse Bereavement Care
 Day-by-Day helpline
 0844 477 9400

Young persons helpline
 0844 167 1677

Normally it gets better over time. But sometimes the feelings last too long



Why?

We had unfinished business with the person who died

The person died in an accident, died all of a sudden

It brings up other sad events from before



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EMOTIONAL
WELLBEING



Friends Families and Travellers

For further information please contact

Friends Families and Travellers

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