

GRIEF AFTER BEREAVEMENT OR LOSS

Most people experience grief when they lose something or someone important to them. If these feelings are affecting someone you know, there are things you can try that may help.

Symptoms of bereavement, grief, or loss

Bereavement, grief, and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.

As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home. **Some of the most common symptoms include:**



- shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze".
- overwhelming sadness, with lots of crying
- tiredness or exhaustion
- anger – towards the person you've lost or the reason for your loss.
- guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying.

These feelings may not be there all the time and powerful feelings may appear unexpectedly. It's not always easy to recognise when bereavement, grief or loss are the reason someone is acting or feeling differently.

Things that can help someone going through bereavement, grief, or loss

- try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a support organisation such as [Cruse Bereavement Care](#) or call: 0808 808 1677
- try the [NHS 6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- consider peer support, where people use their experiences to help each other. Find out more about peer support on the [Mind website](#)
- search and download relaxation and mindfulness apps or online community apps from [the NHS Apps library](#)
- do not try to do everything at once – set small targets that you can easily achieve.
- do not focus on the things you cannot change – focus your time and energy into helping yourself feel better!
- try not to tell yourself that you're alone – most people feel grief after a loss and support is available!
- try not to use alcohol, cigarettes, gambling, or drugs to relieve grief – these can all contribute to poor mental health!

Supporting Resources

	<p>You can find further information including the 6 ways to feel happier, how to get to sleep and where to get support from the NHS website – https://www.nhs.uk/mental-health/self-help/tips-and-support/how-to-be-happier/</p>
	<p>Cruse Bereavement Care are a charity that offers free emotional support, help and advice to anyone affected by the death of someone close to them. Cruse offers face to face, telephone, email, and website support. For further information, go to their website https://www.cruse.org.uk/ call 0808 808 1677</p>