

Bereavement Support

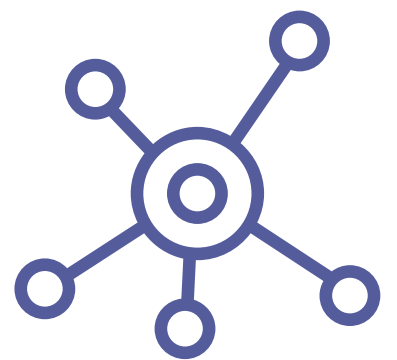
sadness or depression
anger or hostility
relief
mixed feelings

shock, denial or disbelief
numbness and denial
panic and confusion
feeling overwhelmed

7%
of people who are bereaved go on to develop “complicated grief”



On average
135 people
are affected to some degree by every person lost to suicide



- Grief affects everyone differently—there’s no right or wrong way to feel. Sudden loss can cause shock, disbelief, and isolation.
- Talking to someone—a friend, family member, counsellor, or support organisation—can help, though some may wish to deal with the loss in private.
- Some people may need additional support to help to cope with a bereavement.
- Try not to focus on the things you cannot change – focus your time and energy into helping yourself feel better.
- Try not to use alcohol, cigarettes, gambling or drugs to relieve grief – these can all contribute to poor mental health.



For the latest signposting guide on bereavement, please scan here for the *Bereavement* section of the *Live Well Havering* booklet.