

How to get more support



Talk to your own GP.

Ask your GP practice or community learning disability team for details of local support services.

CRUSE Bereavement Care
0191 276 5533

Samaritans
0845 790 9090

Grieving

How might it feel?



Easy Read Version

This leaflet is to tell you about bereavement and grief.

What is bereavement?



Bereavement means that someone who is close to you is dying or has died.

When someone close dies it can be one of the most painful experiences of your life.

Everybody has different feelings when they find out someone they care about is dying or has died.

People react to bereavement in different ways. It is important to remember that there is no right or wrong way to deal with bereavement – we all do this in our own way and in our own time.





It is important to talk to your own family, friends or care team about how you feel.

They will be able to support you when you want to talk and share memories.

In time your memories will become less painful.

You may be able to think about the person who has died without becoming as upset.

It is good to enjoy old or new activities and make plans for the future.

What is grief?



Grief is feeling sad or upset about someone dying.

It is natural to feel like this when someone we care about has died.

Grief is normal but we can often be surprised by how we feel.

This leaflet will explain some of the ways you might feel.

How might I feel?



Shock or disbelief

Even when you know someone is going to die. You may feel numb and not able to cry.



Sadness

That the person has died.



Anger

Sometimes you might feel angry with other people and yourself.



Guilt

You may feel 'if only you might have been there' or 'if only you had said goodbye'.



You may also feel **loneliness**, **helplessness** and **anxiety**.

You might think that nobody understands how you feel.

You might not ask people for the help and support you need.

Talking to people close to you might help you.

It is important to look after yourself and try to eat sensibly.

Your doctor will help you if you have any worries about your health.

Remember other people can be of great comfort when you are grieving.