

If you are struggling, we are here
to help and support you

Cruse Bereavement Support helps people
through one of the most painful times in life –
with bereavement support, information and campaigning.

Call 0808 808 1677

Call the Cruse Freephone Helpline to talk to one of our trained
bereavement volunteers. They can offer you emotional support,
and talk through different options for further help.

Visit www.cruse.org.uk

You can chat with one of our trained supporters,
and we have lots of information to help you including:

- Feelings after someone dies
- Coping with the death of a parent
- Physical effects of grief
- Coping with the death of a partner
- Traumatic bereavement
- Information in other languages

For information on children and grief visit www.cruse.org.uk/children

Grief can be overwhelming You don't have to deal with it alone

When someone close to us
dies it can be the most painful
thing we will ever experience.
Events of recent years have
made it harder than ever.
Many have died in traumatic
circumstances and many of us
were isolated and cut
off from our usual
support at times.
The effects will be
long-lasting.



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Understanding grief

We are so sorry if you are reading this leaflet. We hope it explains some of what you may be feeling and how you can make things a little easier for yourself. You can also find details of what Cruse can do to help.

Everyone experiences grief differently and there are no set stages or phases of grief. But some feelings are very common. The suggestions opposite can help.

- In the early days you may feel shocked, or you may feel nothing at all.
- You may experience waves of intense pain or mood swings.
- It's common to find yourself going over and over events. It's normal to see the person, feel their presence or talk to them.
- You may feel guilty about things which happened before the death, or about how you feel.

- You may feel very angry with yourself or others, or with the person who has died.
- You may have trouble sleeping or need more sleep than usual. You may feel sick or panicky.
- As time goes on you may have strong feelings of longing and sadness, and sometimes hopelessness or fear about the future.

Over time feelings usually become less intense, but you can't predict when it will happen. After a traumatic death it may take even longer to start coping with normal life whilst still remembering those who have died – but those times will come.

Everyone experiences grief differently, and there is no timeline for grief.

It's important to try and look after yourself. Some of these tips may seem very simple but they are also very effective when we are in the darkness of our grief.



Talk to someone

Talking can be really helpful, even if it is over the phone, internet or social media. Often family or friends can help. You might also be able to talk to someone in your community, or to a faith or spiritual leader. Talk to your GP if your health is suffering.



Diet and sleep

It's easier said than done, but try to eat properly and get enough rest (even if you can't sleep).



Routine

Sometimes it helps to develop or stick to a routine of eating, sleeping and connecting with others.



Exercise

Even a short walk to get some fresh air can help. Or try and do something around the house to keep moving.



Look after yourself

Take one day at a time and give yourself permission to grieve. Don't feel guilty or weak if you're struggling to cope, or need help.

You're not alone

Cruse
can help

If you are finding things tough, we are here for you. Contact us for support.

Our Freephone helpline
number 0808 808 1677

[cruse.org.uk](https://www.cruse.org.uk)

