

www.thenbs.org

Living with Grief

Finding support when
someone close to you has died

Tel: 0800 024 6121



National
Bereavement
Service

Grief is normal

If a person we care about dies, it is completely normal to feel very distressed. It doesn't matter if the person was a close relative, a good friend or work colleague, if they were important to us, we will miss them. The closer our relationship, the more deeply we react to their death.

Grieving is the experience of many different emotions and slowly, gradually learning how to live our lives without that special person being physically present. This might seem impossible if you are reading this in the early weeks and months after the death. Now is about tears, maybe despair and the seeming impossibility of going on with life and we understand that you will never forget the person you miss so much, but you can learn to treasure your precious memories and be able to enjoy living again.

Everyone is different

Most of us will experience disbelief, intense sadness, anger, regret, exhaustion, inability to concentrate, sleeplessness and loss of appetite at various times when we are grieving. All of these are common and normal and happen in no particular order and often recur. However, in a family or with friends, we may be feeling different things at different times. If we are struggling to cope with how we feel, we usually don't have much energy left to support others. Sometimes we are overwhelmed by our own emotions and nothing else is possible except to be in that moment. Sometimes we can also swing between quite different feelings without really understanding why.

Other challenges

Many of us will still have home and work responsibilities to keep up. If this is your situation, it may help to allow yourself some time every day, even for just a few minutes, to switch off from those things and take some time for yourself and your situation.

An added burden, for some people, will be the responsibility for dealing with the practical tasks that follow someone's death – formal paperwork, arranging a funeral and dealing with the person's money and property. If that's you and you have questions and need help, get in touch with NBS, we will be able to help.

For some people, the circumstances of the death are especially painful. If the death is untimely or the result of homicide, suicide, or an accident, please get in touch and we will introduce you to organisations that exist specifically to help you.



Different types of support

Most grieving people do manage to cope with the support of family and friends discovering a previously unknown inner strength.

It can be extremely helpful to talk with someone who doesn't know you, where you can be anonymous if you choose and the person you speak with is wholly focussed on you and what you need.

How can NBS help?

You can contact us by phone, email or live webchat, and a trained bereavement advisor will listen to you. They will ask a few questions to help them to understand what you're going through. Often talking to us provides enough support to help you to understand the feelings you are experiencing and ease your concerns

Other Organisations

In your conversation with NBS, you may discover that you would like more support. We'll explain all the different choices, which include apps to download, peer support charities which focus on supporting families of people who died in similar situation, and others which give

support to bereaved people regardless of the circumstances. There are also organisations which can support young people and those who care for them, and families where it is a child who has died.

What about Counselling and Therapeutic Services?

People who choose to use an accredited counsellor usually find this most helpful if they wait to start until some months after the death. Some counselling services have varying charges according to the client's income, but unless it is provided free through a work benefits scheme, the NHS, or a charity organisation, you will have to pay. You might choose to use a free helpline service to start with but then feel it would be helpful to move to a more in-depth support service.

NBS will always work with you to find the service that will be most helpful and give you their contact information for you to use when you are ready.

We do not use the information you supply to contact you again, unless you have agreed.

You Are Not Alone.

The National Bereavement Service is here to support you with information and guidance or simply a listening ear.

Phone: 0800 024 6121

NBS Chat: www.theNBS.org

Email: info@theNBS.org

Monday – Friday 9.00am – 6.00pm

Saturday 10.00am – 2.00pm

Closed Bank Holidays

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