

Help and support

You do not have to grieve alone, friends and family are there to support you. You can also ask for help from health professionals such as your GP.

At a Loss:

Offer advice, support and help to signpost people to the most appropriate support.

www.ataloss.org

Cruse Bereavement Care:

Promotes the well-being of bereaved adults and young people; offering support, advice and information.

www.cruse.org.uk

Helpline: 0808 808 1677

The Samaritans:

Provides emotional support to anyone struggling to cope or at risk of suicide.

www.samaritans.org

Call: 116 123

Please visit the Trust website bereavement pages for further advice and support.

www.mwl.nhs.uk

Whiston Hospital

Warrington Road, Prescot, Merseyside, L35 5DR

Telephone: 0151 426 1600

St Helens Hospital

Marshall's Cross Road, St Helens, Merseyside,
WA9 3DA

Telephone: 01744 26633

Newton Hospital

Bradlegh Road, Newton-le-Willows, WA12 8RB

Telephone: 0151 290 4834

Southport Hospital

Town Lane, Kew, Southport, Merseyside, PR8 6PN

Telephone: 01704 547 471

Ormskirk Hospital

Dicconson Way, Wigan Road, Ormskirk, Lancashire,
L39 2AZ

Telephone: 01695 577 111



Grief Awareness Information Leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

www.merseywestlancs.nhs.uk

Author: Bereavement Coordinator
Department: Specialist Palliative Care
Document Number: MWL2814
Version: 001
Review Date: 28/11/2028

Grief

Grief is a natural reaction to loss, and when someone close to us dies it is normal to grieve. However, grief does not start at the time of a death.

We can also grieve over the loss of our health, and other things that are important to us a job, pet, moving home, future plans that may have to change.

Every person's experience is different and so is our grief which is as unique as a finger print.

The important thing to remember is that there is no right or wrong way to grieve.

There is no timetable and the length of time is different for each person. Grief is often described as a journey. There are no short cuts, it will ebb and flow and it will be hard at times.

Grief can feel overwhelming, and you may feel a mixture of emotions, which may at first be unfamiliar and out of character.

Allowing your feelings to come out can help you to cope. It is completely normal to feel shock,

guilt, anger, relief, despair and many other different emotions.

The important thing is to accept that it is ok to have these feelings and to accept that grieving is a normal, healthy process.

Feelings

Your feelings will be influenced by many different things, including your relationships, your age, personality, cultural background and religious / faith beliefs and your circumstances.

We all react in different ways so it is important not to assume how someone else is feeling, they may have different ways of coping.

This may create tensions and strains within a family or with friends. If this happens try to find a way to be sensitive to each other's needs, whilst coping with your own feelings in your own way.

It is also normal to experience physical symptoms of your grief. These may include difficulty sleeping, losing your appetite, feeling anxious or stressed, feeling drained and

lacking energy, and picking up minor bugs and illnesses.

It may feel as if life will never be the same again, but the grief and pain should lessen.

It is not unusual to think that you are moving towards acceptance only to experience the strong and often unwelcome emotions again. There should come a time when you are able to adapt, adjust and cope.

Grief after a death

When someone close to you dies you have to cope and adjust to living in a world which has forever changed. Learning to adapt and develop a new normal and finding new meaning in your activities and roles is part of the process of learning to live with grief.

Some of the hardest things can be simple everyday activities that can remind you that the person is not there now. You may find that you have to rebuild your own identity. Rebuilding your life in this way can be a slow process but over time your life will regain shape and meaning.

Important dates, such as birthdays and special anniversaries can be particularly hard. Thinking ahead and planning what you want to do and what will help you get through the day can be helpful.

Some people like to create new memories or a tradition, such as visiting the person's grave, or the place where their ashes are scattered.

There is no right or wrong thing to do on these occasions. You only need to do the things that are important and feel right to you.

There will always be a place in your life for the person who has died. The bond that you had with them will continue.

Coping and adapting

Life may never be the same again following the death of someone close to you, or a significant loss but the grief and pain should lessen over time.

It is important to take care of and be kind to yourself. Take the time, space and care that you need and try to do what feels right for you.

Try to eat properly and get enough rest. Seek help and support if you feel you need it and

don't feel afraid to tell people what you feel and need.

One of the most helpful things to do is to talk may be to family, friends, a faith / spiritual adviser or a support organisation.

If you feel that you don't want to talk, that's ok but it is important to find other ways to manage your feelings. Such as going for a walk this will provide some physical exercise and can help you think differently.

Most importantly give yourself time and permission to grieve and don't try to do too much too soon.