

Help and support

The Good Grief Trust:

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

www.thegoodgrieftrust.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



Mersey and West Lancashire
Teaching Hospitals
NHS Trust



Supporting Someone in Grief

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: MWL2815
Version: 001
Review Date: 28/11/2028

When someone is grieving

It's often the little things that can make the biggest difference.

One of the most helpful things you can do is simply listen, and give them time and space to grieve.

Offer specific practical help, they may appreciate help making phone calls, shopping, walking the dog, helping with school runs.

Talk about the person who is ill or has died and say their name. You'll not upset them any more than they already are.

Share memories both happy and sad this can help you stay connected and both laughter and tears are appropriate in grief.

Don't try to cheer them up. Be there in their sorrow and stay alongside them.

Create an environment in which they can be themselves and show their feelings, rather than having to hide them. Ask them how's the best way to support them.

Help ease them back into familiar routines such as social groups, returning to work.

Remember to check in especially at what may be difficult times such as special anniversaries and birthdays.

Try to:

Remember grief can effect our mood, the way we feel, think and behave. These feelings can often be overwhelming and out of character.

Accept that everyone grieves in their own way; there is no right or wrong way to grief. It's normal to feel fear, guilt, anxiety and anger. It is also possible to live and grieve at the same time: to laugh, to hope and to be happy and then be sad and tearful within a few moments.

Be patient and kind there is no timetable for grief and each person is different. They may appear to be moving towards acceptance and adapting to a changed life, only to feel strong and often unwelcome feelings and emotions again. There should come a time when they lessen and they are able to adapt, adjust and cope.

Be there for them pick up the phone, send a message, an email. If you can call in, or arrange to visit.

Encourage them to talk and share their feeling and memories, but don't force them. If they don't feel like talking now let them know you are there when they are ready. Talking to someone they trust can help.

Try not to:

Try not to assume what they may be thinking or feeling.

Try not to be alarmed or judgemental about feelings and emotions they may be displaying. Grief is unique there is no right or wrong way to grieve or feel.

Try not to avoid someone who is grieving. It may be awkward and you may fear saying the wrong thing, but the worse thing you can do is to say nothing and to stay away from them.

Try not to use clichés such as "I understand how you feel", "you'll get over it", "time heals". That's just not true, no one can truly know how another person feels and rather than getting over it or healing we learn to cope and adapt.

Try not to tell them "it's time to move on", how long a person needs to grieve is different for each person.

Try not to underestimate how emotionally draining it can be when supporting a grieving person. So make sure you take care of yourself too.