

Welfare Awareness Topic: Bereavement

Overview – Bereavement is the experience of losing someone who is important to you. Losing someone can be emotionally devastating and grief is the process and range of emotions you go through as you gradually adjust to the loss.¹

There are many different types of grief, and it's natural to have a strong reaction to someone dying. There is no right or wrong way to feel, and we all react in our own way. Here are some emotions you might feel after someone dies:

- **Shock and Numbness:** you might feel like you are in shock, disoriented, or numb and like nothing has changed. This is because it can take time to process what has happened.
- **Pain:** if someone close to you dies, it can be very painful. These feelings can be frightening and upsetting, and some people have described it as being cut in two or losing a part of themselves.
- **Anger:** death can seem cruel and unfair. You might feel angry at the person who died, angry at others, or even angry at yourself for things that you did or didn't do when they were alive.
- **Guilt:** you might feel guilty if you had a difficult relationship, or if you feel directly or indirectly to blame for the person's death. Try to remember that it's very unlikely you could have done anything to prevent the death from happening and try not to be hard on yourself.
- **Depression:** you might feel like nothing matters, or like you don't want to go on living. If you feel like you might act on suicidal feelings, please talk to someone- contact the Samaritans on 116 123, or call 999 in an emergency.
- **Seeing and hearing the person:** you might find that you can't stop thinking about the events leading up to your loved one's death, and you might think you can hear or see the person who has died. This is normal and can happen because our brain is trying to process the death.
- **Physical feelings:** grief affects the body as well as the mind, it might feel difficult to eat and sleep, and it might make you very anxious. Normally, feelings of physical pain will ease with time, but try and get as much rest as you can and listen to what your body needs.

Remember- you are not alone, there are so many places for support, all it takes is reaching out. Cruse bereavement care has tips on managing grief [here](#), like walking in nature, keeping a grief journal, practicing yoga, and some ways to remember the person you have lost.

Article/Source

- Try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a support organisation such as [Cruse Bereavement Care](#) or call: 0808 808 1677 -they have volunteers trained in all types of bereavement and can help you make sense of how you're feeling right now. You can also speak to them online with expert grief counsellors [here](#).
- Cruse Bereavement Care also have pages on [understanding grief](#)- which outlines the [effects of grief](#), [grief experiences](#), [managing grief](#), as well as [how to support other people](#).
- Mind has [information and support on bereavement](#), and suggestions for helping yourself or others through grief.
- [Child Bereavement UK](#) support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age. They have a helpline on 0800 02 888 40.
- The NHS has information on [getting help with bereavement and loss](#), and steps to take to try feel better or get support.
- The GOV.UK website also has information about [what to do after someone dies](#), such as registering the death and planning a funeral, as well as Bereavement help and support [here](#)
- Marie Curie also have a comprehensive list of bereavement and funeral organisations [here](#).

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: safeguarding@bpp.com

