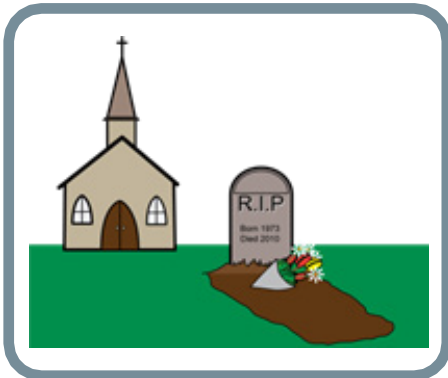
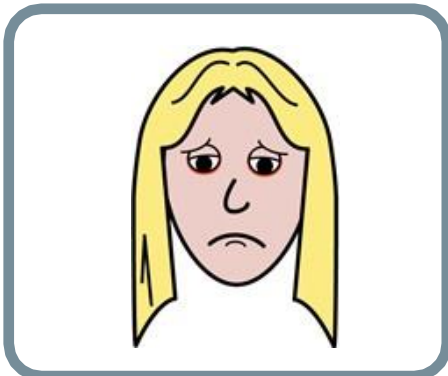


What is Bereavement?



Bereavement means that **someone close to you has died**, this might be your family, your partner, or friends.

You may feel **grief** and loss.



Grief – the feelings of bereavement.

They can be:

- **Sad**
- Angry
- Lonely
- Feeling afraid
- Blaming yourself

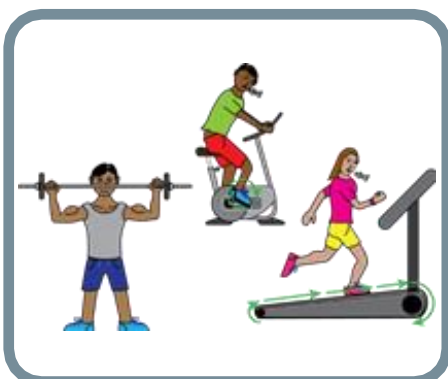


After someone dies there are a few things that need to happen.

This link has more information:

<https://www.gov.uk/when-someone-dies>

A **funeral or service** usually takes place. You might want to help plan the funeral. Usually a person is buried or cremated (burnt).



It is important to look after yourself, even if you feel very sad.

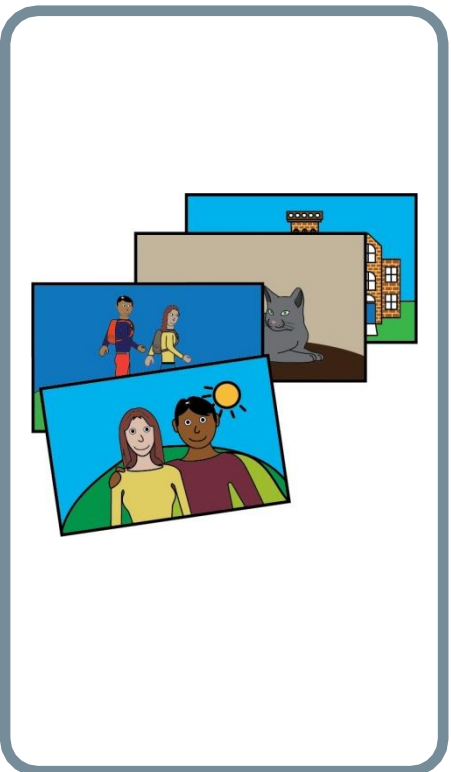
You should make sure you **eat well** and **exercise**. You may want to cry, this is ok and it is important to allow yourself to do this if you want to.

Joining groups and doing nice things could also help make you feel better.



Talking about your feelings with your family, friends, and/or carers can be really helpful. You may want to talk about the person who has died.

If you haven't already, you could talk to your GP. They could help get you more support.



You might want to do or make something to **help remember the person** who has died.

This could be:

- Make a scrapbook or photo album
- Make a **memory box**
- Plant a tree or some flowers
- Visit places important to you
- Listen to music

How to make a memory box:

1. Gather photos and any small items.
2. Decorate a box.
3. Put the items you have collected into the box.




Mindwell Peer Support Directory:

A 24 hour helpline offering support, advice and information to people in Leeds.

 Tel: **0800 1830558**



Mencap: Offers information (easy read) on dealing with bereavement and has an online chat service with grief counsellors (griefchat).

 Tel: **0808 808 1111** (Mon – Fri 10am-3pm)

Griefchat: <https://www.mencap.org.uk/advice-and-support/dealing-bereavement>

 Email: info@griefchat.co.uk



CRUSE Bereavement Care

o Advice and support for people and carers.



Helpline: **0808 808 1677**

o Website: www.cruse.org.uk