

Coping with Bereavement

As we get older, coping with the loss of a loved one can become very difficult. There is no single "right" or "wrong" way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt due to perceived failures or inability to prevent the death.

Recognising and allowing these different reactions is an important part of the healing process.

Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different, bereavement can be like a rollercoaster.
- Be careful, as accidents are more likely during periods of stress.

If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

"At the beginning all you can feel is the overwhelming sadness. As time passes, even though the sadness remains, it is alongside happy memories and memorable times spent together."

N.T.

message from Tree of Life, Dying Matters Awareness Week 2024

For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.

If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS* on 116 123

*Available any time, day or night for confidential support.

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

 **0800 011 4656**

 **0121 569 5100**

 **www.healthysandwell.co.uk**



Bereavement, Grief and Loss

Are you, or someone you know, looking for bereavement, grief or loss support?



If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.

Free Local & National Bereavement Support

Bennetts Funerals – GriefChat:

www.bennettsfunerals.co.uk/bereavement-support. For an instant chat with a professional bereavement counsellor. **Monday – Friday 9am-9pm**

Black Country Healthcare / NHS Talking Therapies:

Professional support for mental health challenges like anxiety, stress, and depression.

0121 612 66 50 Monday - Friday: 9am-5pm

Blue Cross:

Support to cope with the loss of a pet, either through death, enforced separation or theft.

0800 096 6606

Email: plsmail@bluecross.org.uk

Live chat also available

Monday – Sunday: 8.30am-8.30pm

CRUSE Bereavement Care:

Local branch (Smethwick): **0121 558 1798**

National branch: **0808 808 1677**

Communities In Sync -

Talking Therapies Plus:

Single Point of Access - 07717 680965

Support with anxiety, stress, depression and bereavement. **Monday – Friday: 9am-5pm**

* Counselling also available in Punjabi, Urdu, Bengali, Ukrainian, Russian, Patois.

<https://communitiesinsync.info/ttp-referral>

Dorothy Parkes Centre (Smethwick):

Loss Matters - 0121 558 2998

Kaleidoscope Plus Support Groups (West Bromwich):

Contact number - 0121 565 5605

Bereavement Group -

First Tuesday of the month, 10.30am-12.30pm

Bereaved by Suicide Group -

Third Tuesday of the month, 10.30am-12.30pm

Murray Hall Community Trust:

Contact number: 0121 612 2939

Bereavement Support Group – drop-in sessions, monthly on the **3rd Friday of each month** from **10am-12pm**.

Murray Hall Community Trust, The Bridge Community Centre, St Marks Road, Tipton, DY4 0SL

National Bereavement Service:

Grief support and practical & legal administration support after someone has died.

Monday - Friday 9am-6pm,

Saturday: 10am-2pm, Sunday: CLOSED

Helpline: 0800 0246 121. Email: info@thenbs.org

Live Chat via the website

Rethink Mental Illness - Black Country Support After Suicide:

0800 008 6516

blackcountrysupportaftersuicide@rethink.org

Monday - Friday: 10am-6pm. One to one

bereavement support, counselling and peer support groups for those bereaved by suicide.

Survivors of Bereavement by Suicide (SoBS):

Peer-support for anyone impacted by suicide loss: in person, online, over the phone, or by email. Virtual groups for LGBTQ+, Punjabi speakers & men.

National Support line: 0300 111 5065

Open 9am-7pm every day.

www.uksoobs.com/how-we-can-help

Sue Ryder – free bereavement support:

Sue Ryder offers a range of grief support including in-person and online peer-to-peer support, its Grief Guide which has articles and self-help tools, and online bereavement counselling. All the charity's services are free to access.

www.sueryder.org/grief-support

Winston's Wish:

08088 020 021 Specialist practical support and guidance to bereaved children, their families and professionals.

Monday - Friday: 8am-8pm

Support lines

Need to talk to someone?

24/7 support lines

Samaritans - 116 123

Free for anyone at anytime for any reason

Email: jo@samaritans.org

Silverline - 0800 470 8090

Free, confidential telephone service for older people - 24 hours a day, 7 days a week.

Black Country Mental Health Helpline

0800 008 6516 (24/7 Helpline)

Day/ Evening support lines

Cruse (nationwide bereavement support)

0808 808 1677

Monday, Wednesday-Friday: 9.30am-5pm;

Tuesday: 1pm-8pm; Saturday – Sunday: Closed

Grief Encounter - Grieffalk helpline

0808 802 0111

Monday - Friday: 9.30am-3pm

Kaleidoscope Sanctuary Hub (Primary mental health support at Hope House, West Bromwich)

0121 289 6111 or 0121 565 5605

Monday - Friday: 6pm-11pm

Saturday & Sunday: 12 (noon)-11pm

Marie Curie -

Free bereavement support

0800 090 2309

Monday - Friday: 8am-6pm;

Saturday: 11am-5pm