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Coping with Grief

Seeking Support
When Someone Dies



National
Bereavement
Service

“ NBS already offers an excellent range of practical help and advice and the new counselling and support capability is a valuable addition to their service. ”

NIKKI ARCHER - DIRECTOR OF SUPPORTIVE CARE
St Giles Hospice



Your Grief is Unique to You

Whether the death of a loved one is expected or happens suddenly, it's impossible to know how you will feel and behave from day to day.

There is no right or wrong response to death, and no time limit to grief.

Bereavement affects families and individuals in different ways, so the first and most important thing to understand is that your experience is unique to you and there is no set path or one-size-fits-all advice to follow.

Your Grief is 'Normal'

Whatever shape it takes, grief is a normal, natural and healthy response to the loss of a loved one and it can prompt a varied array of emotions; including anger, despair, sadness, guilt and regret. You may feel different emotions at different times or have conflicting feelings all at once. It's perfectly normal to be accepting and cope well one minute then feel completely overwhelmed by powerful and unexpected surges of emotion the next.

What's more, your bereavement may also involve coping with the emotions and responses of the people around you, along with the stress of making practical arrangements and the responsibilities of work and home.

Everyone is Different

You may struggle to know which way to turn as you try to make sense of it all and cope with so many thoughts, emotions and responsibilities. Many people discover an inner strength during this difficult time, which, along with the support of friends and family, helps them cope with their grief and the changes their loss has brought to their life and their family. Others may need some help and support in that situation, which is why we're working with the National Bereavement Service (NBS) to offer bereavement support and counselling.

Is Support and Counselling Right for You?

The reasons that people seek bereavement support and counselling are just as unique as their experience of grief. Whatever you're going through, support or counselling can help you to understand it and cope with it.

You may be struggling personally day-to-day. You may find it difficult to cope with the way other people and family members are dealing with grief differently to you. You may feel alone, unable to talk to friends and family, or even detached from what's going on around you.

If you need someone to talk to, who can listen, empathise and help you articulate your thoughts and feelings, bereavement support or counselling can help.

What Does NBS Support and Counselling Offer?

The support and counselling service offered by NBS has been developed in partnership with the team at St Giles Hospice, which has more than 35 years' experience of working with bereaved adults and children.

The service can be accessed by phone, email or live webchat, and a trained bereavement advisor will work with you to understand what you're going through and assess what help you may need.

Often, talking to a trained member of the NBS team provides as much support as a person needs. Where additional help is required, you will be referred to a BACP-registered counsellor from St Giles Hospice.

What Should I Do If I Want Support or Counselling?

All the details of the support and counselling service are on the back of this leaflet. Simply get in touch. Whether you reach out by phone, email or webchat, trained specialists are on hand to listen, understand and guide you.

You Are Not Alone.

The National Bereavement Service is here to support you with information and guidance or simply a listening ear.

Phone: 0800 0246 121

NBS Chat: www.theNBS.org

Email: info@theNBS.org

Monday – Friday 9.00am – 6.00pm

Saturday 10.00am – 2.00pm



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