



Sources of Help for the Bereaved

Grief is a normal human response to a significant loss.

Be patient with yourself and do not compare yourself to anyone else. Grief is very personal and the worst kind of grief is yours.

Grief is unpredictable. You may experience a wide variety of emotions and reactions you have never faced before. This can be a painful and complicated process, sometimes medical advice or counselling can help.



We have a booklet entitled *Now What?* available to all our client families which may give you a better insight into the grieving process. Please ask for a complimentary copy from any of our funeral homes.

We are also able to offer professional bereavement support to all our clients through SAIFCare:

Freephone: **0800 917 7224**

Email: **help@saifcare.org.uk**

Additional Sources of Help

CRUSE Bereavement Care

www.cruse.org.uk Telephone: 0808 808 1677

Bereavement counselling for all, irrespective of the time since the bereavement.

SAMARITANS

www.samaritans.org Telephone: 116 123

Emotional support for those in emotional distress.

Child Bereavement UK

www.childbereavementuk.org Telephone: 0800 02 888 40

The charity helps children, young people, parents and families to rebuild their lives when a child grieves or when a child dies.

Survivors of Bereavement by Suicide

www.uksobs.org Telephone: 0300 111 5065

Support for people over 18 who have been bereaved by suicide.