

BEREAVEMENT SUPPORT

INFORMATION FOR RELATIVES AND FRIENDS

Patient Information Leaflet

St Ann's Hospice for the families of those who have
been under the care of the Hospice

0161 437 8136

Beechwood Cancer Care

This counselling service is available for adults and
children affected by a cancer or other life limiting
illness. Support groups are also offered within the
centre.

0161 476 0384

enquiries@beechwoodcancercare.co.uk

Signpost for Carers

Living with Loss Group

0161 442 0442

Stockport Self-help Services

A range of options for support with managing anxiety,
stress and low mood including CBT and counselling.

0161 480 2020

www.selfhelpservices.org.uk

Stockport MIND adult mental health charity that
offers support and information

0161 480 7393

http://www.stockportmind.org.uk/

Cruse Bereavement Care

0808 808 1677

https://www.cruse.org.uk/get-help/about-grief

Age UK Stockport, confidential and expert
information and advice with a focus on issues affecting
those in late life and their carers and families

0161 477 1213

Macmillan Cancer Support has a range of support
options on their website related to bereavement

www.macmillan.org.uk

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

If you require the leaflet in large print, another language,
an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

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“I would say to those who mourn – and I can only speak from experience – look upon each day that comes as a challenge, as a test of courage. The pain will come in waves, some days worse than others for no apparent reason. Accept the pain, do not suppress it. Never attempt to hide grief from yourself.”

From the “Rebecca Notebook”
Daphne du Maurier

PHYSICAL PROBLEMS

Grief can cause people to feel physically unwell.

You may experience any of these symptoms:

- Breathlessness
- Palpitations, tightness in the chest and throat.
- Exhaustion
- Loss of appetite or overeating
- Sleep problems
- Symptoms similar to those of the person who has died

It is always important to share with your doctor any anxieties about such symptoms to help their assessment. Most people will be reassured about their symptoms.

CHANGES

It is sometimes very tempting to feel that life would be more bearable if you moved house, or disposed of possessions quickly. However, such changes may make things worse and decisions like these should be given careful thought.

EMOTIONS

Even when death comes at the end of a long illness where it was expected, you are still likely to be left in a state of shock.

Shock may leave you feeling completely numb and it may be a useful protection, which gets you through the first few days.

You may even find it hard to cry.

As you move forward acknowledging your feelings and expressing them can be really helpful. You may also find that other feelings about previous losses recur.

Individuals grieve in a variety of ways. You may feel any or all of the following:

- Guilt
- Panic
- Sadness
- Anger (even with the person who has died)
- Despair
- Pressure
- Overwhelmed
- Relief

It is important to allow yourself to grieve remembering that all these feelings and reactions may come and go during bereavement. Many say that time heals all wounds, yet those who suffer from the loss of a loved one know that there is no formula for dealing with grief. There is no time limit on grieving and no one ever ‘gets over’ the death of a loved one. As you get stronger, you simply learn to cope with the emotions you feel and memories you remember.

CHILDREN AND BEREAVEMENT

Children, like adults, are individuals and will grieve in a variety of ways depending on their age and maturity. They may also need extra comfort and support. Sometimes they can go back temporarily to earlier stages of behaviour. Be ready to listen to their fears and anxieties at any stage.

Children may have a strong need to say their goodbyes, just as adults do – and the funeral can be an important last opportunity to do this. Whenever possible, children should be encouraged to make their own decision about attending the funeral – and the decision may vary from child to child within the same family. Factual but simple explanations should be given beforehand about the funeral.

There are some very helpful books available on childhood bereavement. Your library or the organisations on the back page can advise you on this.