Understanding Bereavement

Bereavement is the experience of losing someone important to you—such as a family member, friend, or even a beloved pet.

Grief is the natural response to that loss. It includes the emotions and adjustments we go through as we learn to live without that person or pet.

What Does Grief Feel Like?

Grief is different for everyone. You might experience:

- Sadness or emptiness
- Shock or disbelief
- Anger or guilt
- Physical symptoms like tiredness or loss of appetite

There is no "right" way to grieve, and there is no set timeline. It's okay to seek help and talk about how you feel.

How Can You Help Yourself?

- Talk to someone you trust – sharing your feelings can help.
- Take care of your body – eat well, rest, and move gently.
- Allow yourself time – healing is a process.
- Seek support – professional or community help can make a big difference.

Useful Support Services

Here are some trusted organisations that can help:

- **Cruse Bereavement Support**
  Helps people through one of life's most painful times with support and information.
  www.cruse.org.uk
- **Families in Grief**
  Support for children, young people, and families in North Devon and Torridge.

familiesingrief.org

- **At a Loss**
  Helps bereaved people find support and wellbeing resources.
  www.ataloss.org
- **The Good Grief Trust**
  Information, helplines, advice, and stories to help you find a way forward.
  www.thegoodgrieftrust.org
- **Blue Cross Pet Bereavement Support**
  Free and confidential support by phone, email, or webchat for pet loss.
  www.bluecross.org.uk/pet-bereavement-and-pet-loss

Remember

Grief is a journey, and you don't have to walk it alone.

If you're finding things difficult. You can contact the wellbeing team to talk things through or ask about available support. You can also book an appointment with your GP to discuss how you're feeling. If you'd prefer, reach out to a bereavement support service for specialist advice and guidance.