

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."

Unknown author
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 Support After Suicide:

Rethink Mental Health – 0800 008 6516

- 1-1 practical and emotional support across 6 personalised weekly support sessions - face to face sessions, online, telephone or WhatsApp.
- 1-1 suicide bereavement counselling for between 6-8 weekly sessions.
- Bereavement peer support groups – closed support groups with a maximum of 6 participants.

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

Dorothy Parkes Centre (Smethwick):

Loss Matters - 0121 558 2998

Kaleidoscope Plus Support Groups (West Bromwich):

Contact number - 0121 565 5605

Bereavement Group - monthly meetings on

Tuesdays, 11am-12.30pm

Bereaved by Suicide Group - **First Tuesday of every month 6.30 pm – 8pm**

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

SOBS (Survivors of Bereavement by Suicide):

9am-9pm every day

National Support line: 0300 111 5065

Local support phone: 07376 303 438

The Birmingham group also run a virtual Punjabi speaking women's group.

Sue Ryder at Dorothy Parkes

Centre (Smethwick):

The Grief Kind Space offers face to face informal support drop in sessions every **Monday between 10am-12pm**, at Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH.

Online support with a qualified counsellor available on www.sueryder.org/grief-support/

Silverline:

0800 470 8090 Free, confidential telephone service for older people - friendship, conversation and support 24 hours a day, **7 days a week**.

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 - Griefftalk helpline

0808 802 0111

Monday - Friday: 9am-9pm

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

National Bereavement Service

0800 0246 121

Monday - Friday 9am-6pm,

Saturday: 10am-2pm, Sunday: CLOSED

SOBS (Survivors of Bereavement by Suicide)

0300 111 5065 everyday 9am-9pm