

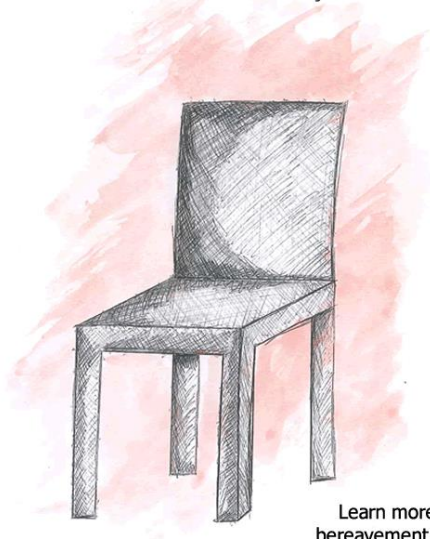
## **Bereavement**

Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/bereavement.asp>

# Bereavement

Moodjuice Self-help Guide



Learn more about bereavement and skills to cope with it.

NHS: Bereavement – An NHS Self Help Guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Bereavement.pdf>

# Bereavement

An NHS self help guide

**NHS**

**Northumberland,  
Tyne and Wear**  
NHS Foundation Trust



## Mind: Bereavement

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/#.W31vc8uGOUk>

The screenshot shows the Mind website's 'Bereavement' page. At the top, there are navigation buttons: 'Talk to us', 'I need urgent help', and 'Donate'. A search bar is labeled 'Custom Search'. The Mind logo is prominently displayed. Below the logo is a navigation menu with options: 'Information & support', 'About us', 'News & campaigns', 'Get Involved', 'Workplace', and 'Shop'. A breadcrumb trail reads: 'Home > Information & support > Guides to support and services > Bereavement'. The main heading is 'Bereavement', followed by the subtext 'Gives information about where you can get support with bereavement'. There are social media icons for Facebook, Twitter, and YouTube, with a count of 385. A blue button labeled 'Effects of bereavement' is highlighted. Below it, a section titled 'Your stories' features a photo of a man and the text: '"Man up"? Getting more "men" in mental'. To the right, the section 'Effects of bereavement' contains a paragraph: 'The death of someone close to you can be emotionally devastating. You might find you experience a range of physical and emotional symptoms as you come to terms with your loss. The links below are to our information on specific conditions and symptoms that some people experience when they are going through a bereavement.' This is followed by a bulleted list of links: 'Panic attacks', 'Anger', 'Suicidal feelings', 'Anxiety', 'Loneliness', 'Sleep problems', 'Depression', and 'Stress'. At the bottom of this section, it states 'This information was published in November 2016.'

## Child Bereavement UK: For young people

<https://childbereavementuk.org/what-is-grief>

The screenshot shows the Child Bereavement UK website's 'What is grief?' page. The logo at the top left reads 'Child Bereavement UK' with the tagline 'REBUILDING LIVES TOGETHER'. A search bar is labeled 'Search...'. To the right are icons for 'donate' and 'shop'. Below the logo is a navigation menu with options: 'Home', 'For families', 'For young people', 'For professionals', 'For schools', 'Get involved', 'About us', and 'Get in touch'. A breadcrumb trail reads: 'Home > For young people - What is grief?'. A decorative banner of icons representing various emotions and concepts is shown. The main heading is 'What is grief?'. Below it, the text reads: 'Grief may not feel normal but it is. Everyone will grieve in their own way. You may experience all sorts of feelings or you may feel nothing. You may find it easy to talk or you might bottle all of your emotions up.' This is followed by the text 'Grief is:' and a quote: '"A massive bundle of different emotions and intense feelings. Feeling sad and missing somebody. Love happens and people die in your family. Someone who has lost someone and they can't get over it. You cry over someone dying. You cry then you stop. Then you cry, then you stop." - Member of our Young People's Advisory Group'.

## Hope Again: Contact Us

<http://hopeagain.org.uk/hope-again-contact-us/>

hope again  
young people  
living after loss

HOME ABOUT PERSONAL STORIES WHEN SOMEONE DIES VIDEO RESOURCES FAMILIES' STORIES LINKS CONTACT US

# CONTACT US

Send Us A Message

Name \*

Email Address \*

Subject \*

Message \*

If you are a young person and someone you know has died, why not send a private email to [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk) to one of our trained volunteers.

If you want to talk to someone directly, call our FREE phone helpline on 0808 808 1677  
Monday - Friday 9.30am - 5.00pm

## Young Minds: Grief and Loss

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

YOUNGMINDS

ABOUT US TRAINING RESOURCES SHOP BLOG CONTACT US MY BASKET

Find Help Get Involved For Professionals SEARCH Parents Helpline Donate

You are here: Home / Find help / Feelings and symptoms / Grief and loss

## Grief and loss

When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope, we can help you find support.

What is grief?  
Working through your grief  
Where to get help

Are you a parent looking for...