

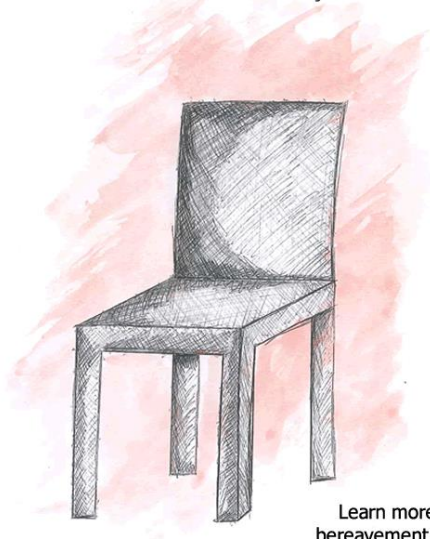
Bereavement

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%20A4%202016%20FINAL.pdf>



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 'mind for better mental health'. A navigation menu includes 'Information & support', 'About us', 'News & campaigns', 'Get Involved', 'Workplace', and 'Shop'. The breadcrumb trail is 'Home > Information & support > Guides to support and services > Bereavement'. The main heading is 'Bereavement' with 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 prominent. Below it, a section titled 'Your stories' features a photo of a man and the text 'Man up? Getting more men in mental'. A list of symptoms includes 'Panic attacks', 'Anger', 'Suicidal feelings', 'Anxiety', 'Loneliness', 'Sleep problems', 'Depression', and 'Stress'. A note at the bottom states 'This information was published in November 2016.'

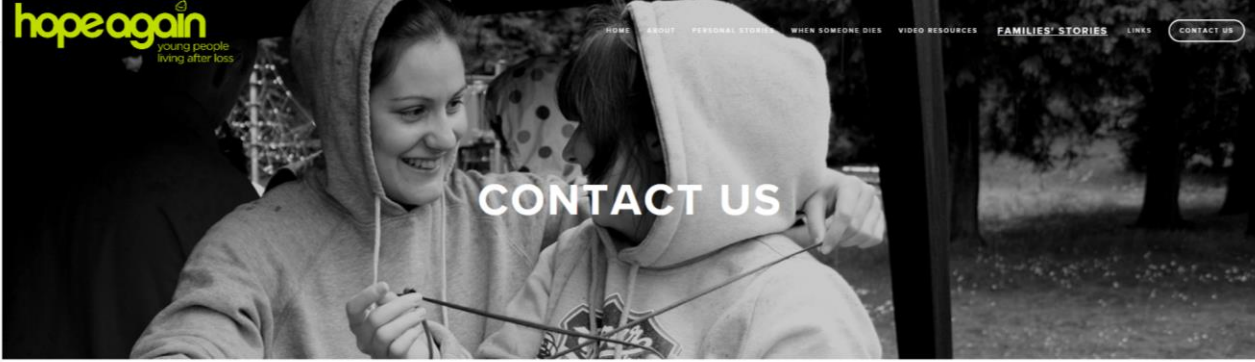
Child Bereavement UK: For young people

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

The screenshot shows the Child Bereavement UK website's 'What is grief?' page. The logo is 'Child Bereavement UK REBUILDING LIVES TOGETHER'. A search bar is labeled 'Search...'. There are 'donate' and 'shop' buttons. Social media icons for Facebook, Twitter, YouTube, LinkedIn, and Instagram are present, along with a 'Login' button. A navigation menu includes 'Home', 'For families', 'For young people', 'For professionals', 'For schools', 'Get involved', 'About us', and 'Get in touch'. The breadcrumb trail is 'Home > For young people - What is grief?'. A decorative banner features various icons representing grief and support. The main heading is 'What is grief?'. The text explains that grief is a massive bundle of emotions and feelings, and provides a quote from a member of the Young People's Advisory Group: '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.'

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 *

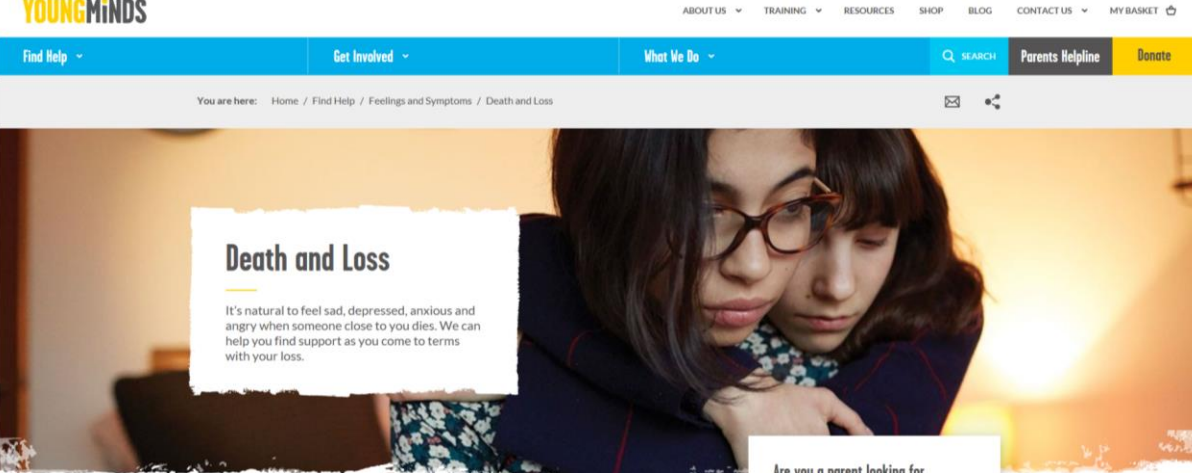
Message *

If you are a young person and someone you know has died, why not send a private email to hopeagain@cruse.org.uk 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: Death and Loss

https://youngminds.org.uk/find-help/feelings-and-symptoms/death-and-loss/?gclid=Cj0KQCjwK_TbBRDsARIsAALJSOZ7X7V1IJrx1UhTqleEUHrsC-00b6A6_7lyaONLvg51QLAOoF2P97UaAgAREALw_wcB



YOUNG MINDS

ABOUT US TRAINING RESOURCES SHOP BLOG CONTACT US MY BASKET

Find Help Get Involved What We Do SEARCH Parents Helpline Donate

You are here: Home / Find Help / Feelings and Symptoms / Death and Loss

Death and Loss

It's natural to feel sad, depressed, anxious and angry when someone close to you dies. We can help you find support as you come to terms with your loss.

Whether you've lost a family member, a friend or a much-loved pet, you need space to grieve and come to terms with their death.

You'll feel a whole range of emotions including numbness, anger, sadness, depression, even guilt or relief. You might find yourself worrying about other people's health, or your own. These feelings are all quite normal. Working through grief takes time, and with the support of family and friends, most

Are you a parent looking for support?
Read our parents' survival guide with tips for parents worried about their child.

Advice For Parents