

Information Sheet - Institute of Welfare

Bereavement

“As natural as life is so follows death.”

The loss of a loved one whether expected or not can be a shattering experience. Everyone deals with bereavement in their own way. Time heals is often offered as a form of solace but the amount of time needed differs from one individual to another and the process also differs as we find our own coping mechanisms. We may experience many or all of the following:

Shock and denial

The death of a loved one may be so difficult to accept that you will choose to deny it. We may believe that someone made a mistake and any time now our loved one will walk in the door. Expressing our sadness would make life more difficult for those around us so we need to put on a brave face.

No matter how prepared we believe we are most of us are more devastated than expected. Shock, grief and denial are not experienced individually and we may swing from one emotion to another.

This is a natural reaction to an experience we cannot comprehend immediately allowing us time to assimilate all the information needed to grasp the reality of it. Our feelings usually change to acceptance as we share them with family and friends.

Grief

We may blame ourselves for having not done or said something that we believe would have prevented the bereavement. Grief is a very personal feeling and the amount of time necessary to deal with it depends on many factors e.g. your relationship to the deceased, circumstances of death and the ‘griever’s’ coping skills.

Anger

‘Why me?’ You may want to scream. Anger is an emotion that is not generally accepted by society and one that most people are unprepared and unable to deal with. It’s ok to be angry. It’s an emotion that brings you closer to acceptance and recovery, a step in the right direction.

Acceptance and recovery

Recovery implies that we are completely free from pain and longing for our loved ones. In fact to allow acceptance and recovery into your life illustrates that you have the ability to go forward and look to the future. A future where you have your memories such as that special song, aroma, those favorite slippers your loved one bought as a Christmas present, but that you’re still able to look forward to tomorrow.

Useful Contacts

Cruse Bereavement Care

National charity offering counseling, support, help and advice to the bereaved.
Has more than 6,000 trained counselors.

Tel: 0870 167 1677

Website: www.crusebereavementcare.org.uk

Directgov

Information and practical advice

Arranging a funeral, probate, registering the death at a registry office etc.

Website: www.direct.gov.uk

National Association of Widows

National charity run by widows for widows

Tel: 0845 838 2261

Website: www.nawidows.org.uk

RoadPeace

Is the UK specialist charity supporting road traffic victims and their families. They provide practical and emotional support and information.

Helpline: 0845 45 00 355 (open 7 days 9am – 9pm)

Website www.roadpeace.org

Supportline

Provides confidential emotional support to children, young people and adults on any issue referring them to sources of help in their immediate area.

Tel: 020 8554 9004

Website www.supportline.org.uk

Support after Murder and Manslaughter

Offers support and information to anyone affected by murder or manslaughter.

Tel: 020 7735 3858

Website www.samm.org.uk

Miscarriage Association

Provides support for those who have suffered the loss of a baby during pregnancy Tel: 01924 200799 Scotland 0131 334 8883

Website www.miscarriageassociation.org.uk

Institute of Welfare, PO Box 5570, Stourbridge, DY8 9BA.

Tel: 0800 0 32 37 25

info@instituteofwelfare.co.uk

www.instituteofwelfare.co.uk

Company Limited by Guarantee No. 03924280

Registered Charity No. 1144623

August 2012