



SupportTeam
@Veor

Help for Bereavement, Grief and Loss

Most people experience grief when they lose something or someone important to them. If these feelings are affecting your life, there are things you can try that may help.

- As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.
- Some of the most common symptoms include:
 - shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze"
 - overwhelming sadness, with lots of crying
 - tiredness or exhaustion
 - anger – towards the person you've lost or the reason for your loss
 - guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying
- Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.
- These feelings may not be there all the time and powerful feelings may appear unexpectedly.
- It's not always easy to recognise when bereavement, grief or loss are the reason you're acting or feeling differently.

A photograph of two men in a conversation. In the foreground, a Black man with dreadlocks and a beard is shown in profile, wearing a brown shirt, with his hands clasped near his face in a thoughtful or listening pose. In the background, a white man with a beard and grey hair, wearing a dark blue shirt, is looking towards the first man. The background is softly blurred, suggesting an indoor setting with large windows.

Help and Support Groups

- Try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a bereavement support organisation such as [Cruse](#) or [call: 0808 808 1677](#).
- If you're struggling to sleep, [get sleep tips from Every Mind Matters](#).
- Consider peer support, where people use their experiences to help each other. [Find out more about peer support on the Mind website](#).
- Listen to [free mental wellbeing audio guides](#).
- Try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope.
- See a GP if:
 - you're struggling to cope with stress, anxiety or a low mood
 - you've had a low mood for more than 2 weeks
 - things you're trying yourself are not helping
 - you would prefer to get a referral from a GP
- [You can find further information and support about:](#)
 - [grief and bereavement on the Cruse website](#)
 - [losing someone to suicide on the Mind website](#)
 - [The GOV.UK website also has information about what to do after someone dies, such as registering the death and planning a funeral](#)
- If you need more support, you can get free talking therapies such as [cognitive behavioural therapy \(CBT\)](#) on the NHS.
- Call 111 you need help urgently, but it's not an emergency
- Call 999 or go to A&E now if: you have seriously harmed yourself – for example, by taking a drug overdose.
- A mental health emergency should be taken as seriously as a medical emergency.

[Get urgent help now for mental health](#)

[Source: NHS Help with Grief](#)