

**Heaton Road Surgery Bereavement Leaflet**

It is normal to feel a whole range of emotions numbness, disbelief, anger, guilt, pain and yearning for your loved one, panic or fear. Accompanying this may be loss of sleep and inability to concentrate.

All of this is normal and may go on for days or months.

There is nothing that will take away the pain of losing a loved one. However, we know that support following the loss of a loved one is important. The best and most available support is usually that of our family, friends and our communities.

Reading about bereavement can be another source of support. It can help you to realise that what you are experiencing is natural and normal and also help you to understand why you might be responding or experiencing certain things.

If you feel you would like to read more about bereavement, we recommend the following:

[**The Good Grief Trust**](https://www.thegoodgrieftrust.org/)

 [**Cruse – dealing with bereavement and grief**](https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief)

[**At a loss**](https://www.ataloss.org/)

[**NHS website – coping with bereavement**](https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/)

Help is available if you need it. If you feel you are struggling and might need additional support, please contact us at the surgery.

**Supporting children and young people**

There is a lot of help available to children and young people who are struggling with bereavement.

The principles of support from family and friends and of having information to help them understand what is happening is just as relevant for children as it is for adults.

However, the age of the child or young person is important to consider. Child bereavement UK has information and videos specific to supporting children of different ages.

[**Child Bereavement UK**](https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people)

[**Cruse – Children and Young People**](https://www.cruse.org.uk/coronavirus/children-and-young-people)

**Bereavement due to Suicide**

Survivors of Bereavement by Suicide (SOBS)

Telephone 0300 111 5065

<https://uksobs.org/>

**Bereavement during the COVID-19 pandemic**

We understand that losing a loved one at any time is difficult, but the challenges posed by the current COVID-19 pandemic can make it even more so.

Isolation might mean that you are not able to spend time with friends and family in the same way and support each other as you might have done at other times, but you can still speak to people by telephone and videocall. Continuing to feel connected to others can help.

Because we recognise that COVID-19 may have made accessing this support more of a challenge, the NHS has set up a national COVID-19 Bereavement Helpline to offer guidance, support and advice.

This helpline operates from 8:00am to 8:00pm

Helpline: 0800 2600 400

**If your loved one has died in hospital, the Hospital Chaplain is available to help you.**

Telephone: 0191 2336161 (Ask for the on-call Chaplain available 24 hours a day)

Hospital Chaplains are not just there for the religious. They provide supportive care to people of all faith and no faith. They are trained to provide mental health first aid and are able to refer to other agencies as appropriate.

For information about practical information about what to do after a person has died:

**Hospital Bereavement Officer**

Telephone: 0191 223 1146 (Freeman Hospital)

Telephone: 0191 282 4348 (Royal Victoria Infirmary)

Available weekdays 08:30am to 4:30pm