

Support Organisations

Dudley Council Bereavement Services

Comprehensive section of website
www.dudley.gov.uk

Chaplaincy Service DGoH

Chaplaincy Service, Russells Hall Hospital
Tel: 01384 456111

Cruse Bereavement Care

Local contacts for support groups and individual counselling
www.crusebereavementcare.org.uk

Dudley Cancer Support

The White House, Ednam Road, Dudley
Tel: 01384 231232

The Well Centre

Counselling Services for people over 14 years.
Tel: 01384 443446

Solace

Bereavement support group - monthly meetings - £1.00. Contacted via Age Concern, Stourbridge. Tel: 01384 843565

Meta-Centre - Clent

Counselling on one to one basis - holistic methods. Registered hypnotherapist
Tel: 01562 883297

National Association of Funeral Directors

Tele: 0845 230 1343

Lesbian & Gay Bereavement Project

Support groups and counselling service
Tel: 020 7403 5969

H Porter & Sons

Directs people to National Association of Funeral Directors' helpline Tel: 01384 395048

Sunrise Centre

Counselling one to one at the offices or over the telephone. Trained counsellors. No fees payable. Tel: 0121 454 1705

Mary Stevens Hospice

Bereavement visitor scheme available at the time of death and at any time within the first year for relatives or patients known to the hospice. Tel: 01384 443010

Brambles Trust

Support services for children and young adults
Tele: 01299 402322 www.bramblestrust.org.uk

Wolverhampton & Dudley Young Cruse

Counselling one to one at a convenient location by Cruse trained counsellors Tel: 01902 851951

Compton Hospice

Bereavement service for relatives of patients known to the hospice. Tele: 01902 774500

Farmer & Son Funeral Directors

Member of the National Association of Funeral Directors, which has a connection with Cruse Bereavement care Tel: 01384 273135

J Hartland & Son / Tipton Co-operative Society (part of West Midlands Co-operative Society Ltd)

Offers bereavement counsellor service at home, on the premises or church. Tel: 01922 621808 / 0121 557 2215

J Vernon Kendrick Funeral Directors

Member of the National Association of Funeral Directors which has a connection with Cruse

Grieving How might it feel?



This leaflet describes some of the feelings that people have when they grieve.

Grieving

Bereavement is something which most of us experience at some time in our lives and this loss can be a difficult experience. It can be hard to accept the loss of someone that we love deeply and we may feel confused and overwhelmed by the sadness and different emotions that overtake us.

This is grieving

This leaflet describes some of the feelings that people have when they grieve.

Not everyone will experience all of those feelings, some will be felt more strongly than others and they may come in any order or be mixed up.

Grieving is normal and people will react differently in their own way. There is no time limit as to how long you may experience the feelings associated with grief. But you must allow yourself time for healing to take place.

Numbness and Shock

At first you may feel numb, and experience feelings of shock and disbelief. You may not accept that your loved one has died, it may feel unreal. This is a normal reaction. It is there to cushion you against loss.

Guilt

It is not uncommon to feel ashamed of emotions such as guilt. This may be for things that you think you should have done. You may have strong feelings of anger. Anger at yourself for the things you said or always meant to say and did not have a change to. You may also direct blame at others.

Longing

Longing may be part of grief. For instance you may look for your loved one in a crowd, you may think you have seen them on a bus or even think you have heard their voice even though you know they are dead.

Feeling Low and Problems Sleeping

It is not uncommon to have feelings of depression. You may feel tired and unable to sleep. You may feel hungry but unable to eat. Concentrating on things may be difficult and simple problems may be blown out of all proportion.

It is not unusual to feel rundown and tired, experiencing aches and pains which you do not normally suffer from.

Whilst all of this can be a normal part of the grieving process, you must not be afraid to seek advice from your GP.

Feelings of Isolation

If you have lost someone who has been a big part of your life, your home can seem very empty and the feelings of isolation can be strong. You may feel sorry for yourself.

Friends and neighbours may sometimes avoid you because they do not know what to say and may be finding it difficult to cope with their own feelings of loss. It may help if you take the first step, letting them know that you would appreciate their friendship and support.

Making Changes

It may seem that life will be more bearable if you make drastic changes to avoid painful memories. Try to avoid doing this at an early stage in your loss. There will come a time when you feel able to make these important decisions.

In Time

You will find memories are perhaps less painful.

You will find yourself being able to remember without becoming so distressed. Allow yourself to laugh, cry and be angry.

You may have lost someone you love and it hurts.

Things to Consider

- Allow yourself time to grieve, in the way that feels right for you. Remember there is no right or wrong way to grieve
- Try to accept help from others
- Take care of yourself, eat sensibly and check with your Doctor about any health worries
- When the time feels right, try to consider setting new routines, looking at areas of importance and interest
- Sharing your feelings can be helpful. It is not always easy to do this with family and friends
- If this is so, the support organisations overleaf will be happy to help.