

Cruse

Bereavement
Support

Here for everyone experiencing grief.

Introduction

1. About us
2. Emotional support and about grief
3. Our New Year Project

We are Cruse Bereavement Support. Supporting Carers and their families.



We are the UK's leading bereavement charity reaching over 100,000 people across the UK each year. We help people through one of the most painful times in life – with bereavement support, information and campaigning.

Support is provided free in England, Wales and Northern Ireland by over 4000 highly trained volunteers. Within the West Midlands Cruse Bereavement Support offer's free emotional support to not just Carers but to anyone who has been left Bereaved.



It is not dependent on cause of death or when the death occurred – all bereaved people can access support.

Cruse Bereavement Support also supports families affected by major incidents, provides support to people grieving in prisons and supports military families.

As Anna explained a few minutes ago, we are launching a project in the New Year to support carers and their families, specifically.

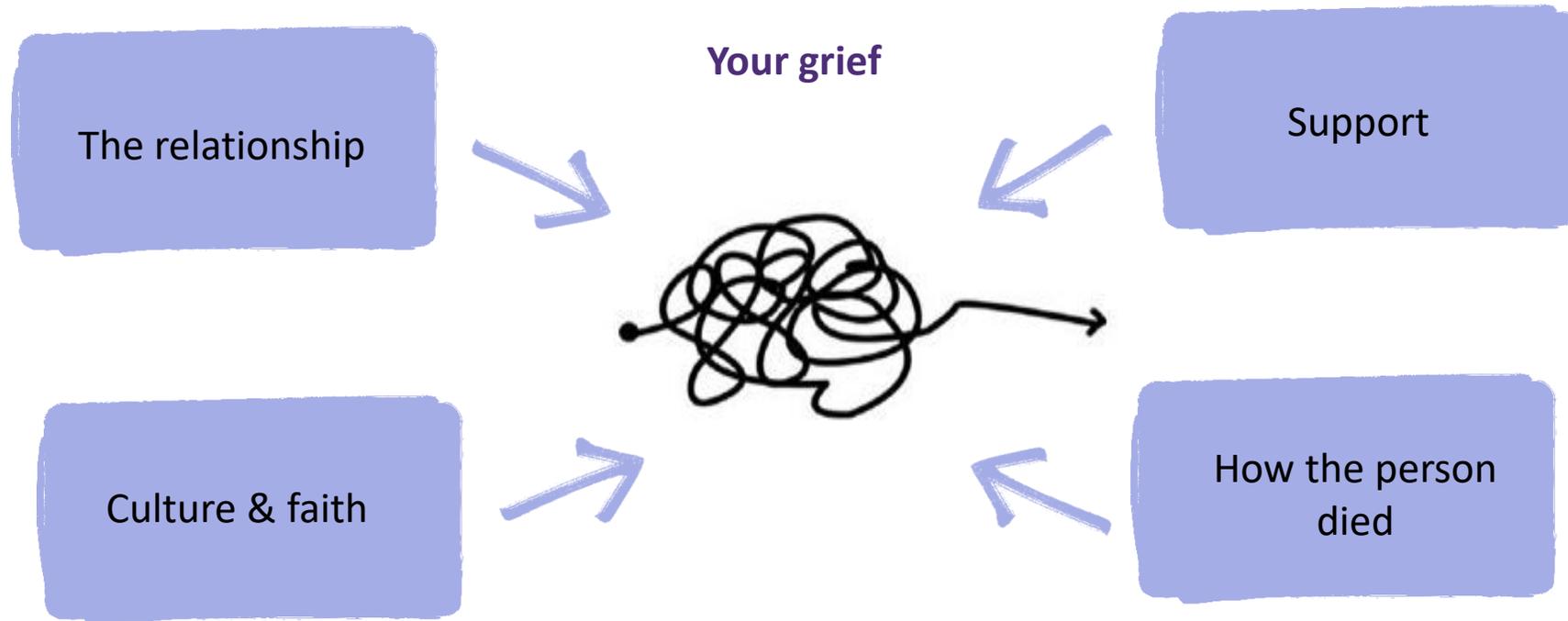


It's all about grief

It's unique to the person



Lots of factors shape our grief

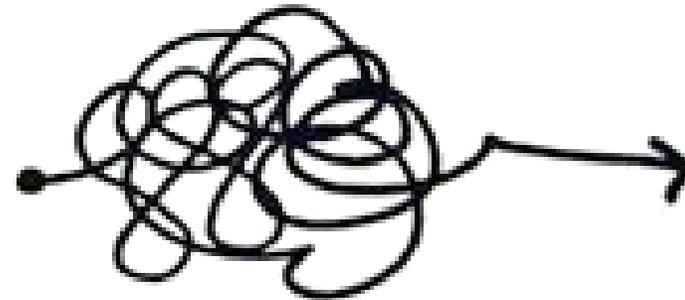


Expectations are often wrong

HOW WE
WANT
GRIEF TO
WORK



HOW GRIEF
ACTUALLY
WORKS



There's no set timeframe for grieving



The impact of grieving

Feelings

Sadness Anger
Guilt Fear

Cognitions

Confusion
Hallucinations

Behaviours

Sleep disturbance
Loss of appetite
Absent mindedness

Social

Isolation
Withdrawn
Unrealistic Expectations

Spiritual

Loss of meaning
Evaluating beliefs

Physical Sensations

Hollowness in stomach
Tightness in the throat
Lack of energy

What bereaved people say

“I feel out of control, my emotions are all over the place, one minute I’m ok, the next minute I’m in tears”

“I’m worried I’m going mad”

“I don’t feel anything, I feel numb”

“I can’t eat or sleep”

“I thought I’d be over this by now but I still burst into tears”

Contact details

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Thank you