

LIVINGRIEF

Let's talk about grief...

Understanding bereavement



Ipswich & East Suffol





What is in this booklet?



Understanding bereavement

Page 4



Grieving for someone close

Page 7



How you might feel

Page 9



What you can do to help yourself

Page 14



Help for children

Page 19



If you need help

Page 21



How much does it cost?

Page 23



Tell us what you think

Page 24



Understanding bereavement



After someone we love has died, we will go through something called bereavement.



During this time we will experience **grief**.



Grief is all the feelings we feel because someone we loved has died.



Everyone feels these things in their own way.



You might have feelings that surprise you or that you didn't expect.



How we show and deal with these feelings is called **mourning**.

Mourning can include:



- Crying



- Talking to people about the person who died



- Going to the person's funeral



Grieving for someone close



When someone close to you dies, it can feel like the most painful thing that has ever happened.



It can make you feel lost and scared.

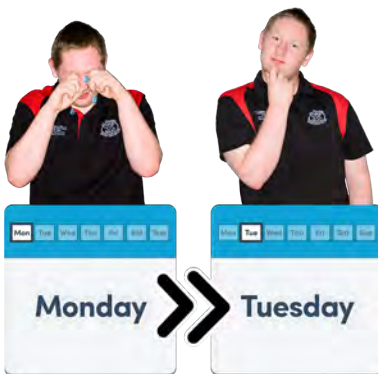


Grief is how we feel when we lose someone.

This is normal.



There is no right or wrong way to feel.



You might feel sad one day and a bit better the next.



It takes time to get used to life without the person who has died.



There isn't a set time for how long this takes.



How you might feel



It can be a shock when someone dies.



You might not believe they are really gone.



You might even dream about them or think you see them again.



It can take time for your feelings to catch up with what has happened.



Grief can bring up many strong and surprising feelings.



These feelings are normal and may include feeling:



- Very sad



- Worried or scared



- Angry. You may even feel angry with the person who died



- Guilty, like it's your fault they died



- Lonely



- Confused, like you don't know what to do



- Empty, like nothing matters anymore



- Tired all the time



- Disappointed with knowing plans you made together will never happen



These feelings can be hard to handle.



You might find it hard to sleep or eat.



You might have bad dreams or flashbacks about what happened



You might find it hard to think about the future without someone you loved who died.



What you can do to help yourself



Grief can make you feel very tired, so it's important to be kind to yourself.



Don't expect too much from yourself.



Over the next few pages we will share lots of things that can help you.



Rest when you need to, and try to eat well.



Talk to someone you trust about how you feel.



Contact your doctor if you feel unwell.



It's ok to cry; it can help you feel better.



Spend time with people who care about you.



They can help you through difficult times.



Accept offers of time and support if you can.



Do contact the hospice or other voluntary organisations or religious groups if you would like someone to talk to – they are there to help you.



Do things you enjoy such as:

- going for a walk
- doing a hobby



It's ok to feel happy sometimes, even when you're sad.



Try not to make big decisions, until you feel ready.



For example, moving house or changing job.



When you lose someone you love, life cannot ever be the same again.



It takes time to adjust to a different life without that person and time to learn to lead a different life.



With time you can find a way of holding onto your memories of the person while finding hope in a future without them.



Help for children



Children feel sad and confused when someone dies too.



They might want to draw pictures or tell stories about the person.



It's important to talk to them about what has happened and help them understand.



For more information on how to help children, contact the emotional wellbeing team at St Elizabeth Hospice:



Phone them on **0300 303 5196**



or email them at
**emotionalwellbeing@
stelizabethhospice.org.uk.**



If you need help



You may feel like you need help during your bereavement.



Please contact the LivingGrief and Emotional Wellbeing team at St Elizabeth Hospice:



You can phone them on
0300 303 5196
(Monday to Friday 9am – 4pm)



Or email them at:
**emotionalwellbeing@
stelizabethhospice.org.uk**



or get support from LivingGrief by
filling out a form at
**www.stelizabethhospice.org.uk/
our-care/livinggrief-bereavement-
support/refer-to-livinggrief/#refer-
livinggrief**



For details of what the service offers
and who to contact, please see the
separate leaflet "Help during your
bereavement".



This is an introduction to bereavement
services at St Elizabeth Hospice.



How much does it cost?



All of our bereavement services at St Elizabeth Hospice are free.



St Elizabeth Hospice is a charity.



We rely on gifts and donations to carry out our work.



Tell us what you think



Hearing about your experience of St Elizabeth Hospice can help us to improve our services.



Hearing about your experience can also help us to provide better care and support for those who need it.



You can make a comment or **complaint** or **compliment** us on something we've done well.



A **complaint** is to say something is unfair, unacceptable or otherwise not up to normal standards.



A **compliment** is to say something good about someone or something.



You can do this by writing a letter and sending it to:

St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX



or you can visit:

stelizabethhospice.org.uk

You can contact us in a number of different ways.

Phone number: 0300 303 5196

Email: emotionalwellbeing@stelizabethhospice.org.uk

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8L

Website: stelizabethhospice.org.uk

Facebook: St Elizabeth Hospice

Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

This document was adapted into easy read by Ace Anglia.

Website: www.aceanglia.com

Facebook: Ace Anglia

Instagram: @ace_anglia

LinkedIn: ace-anglia

YouTube: @AceAnglia

Email: info@aceanglia.com

Date this was made: September 2025

Made
with

