

National Grief Awareness Week

2nd – 8th December



National Grief Awareness Week has been set up to reach out to those who are grieving so they get access to support that ensures people get the valuable help they need with their mental and physical health, raising awareness, breaking taboos and helping grief become an easier subject to approach and discuss.

So... What is grief?

The definition of grief is the response to loss, the emotional reaction is always the one focused on but there are also the physical, mental, and behavioural, stresses along with shared or collective feelings, cultural or spiritual beliefs and philosophical factors which may also play a part for some.

But this is a very simple sentence that can't possibly reflect the processes we try to work out when managing the impact of loss on our lives.

Everyone's way of coping is different and why we grieve can be too, it could be in response to the death of a loved one, but also from a significant experience or something that changes our lives from the one we know or thought we would have.

So... How do we understand grief for ourselves and others?

There are five, recognised, stages to grief but they may not all happen, they may not happen in a certain order and each of them could affect you in varying degrees so they could be for short periods of time or for much longer and they can often take you by surprise as you move forward in your life.

Denial, Anger, Bargaining (Reflecting on the 'What ifs'), Depression, Acceptance

It also important to understand :

- The fact that grief may not go away or that you or those you know can't just 'get over it'
- That you can still grieve as you carry on and move forward in your life
- That you do not have to be alone in your grief

So... Where can I get Support?

Cruse Bereavement Support has information on how overwhelming grief can be and how you can support yourself and others with online information including How to speak to someone who is grieving, which can feel really difficult when you are trying to say and do the right thing for a friend, work colleague or family member. This website also has information for coping with grief as Christmas comes into focus whether this is your first Christmas since the loss or whether that loss was many, many years ago, they can help you with working your way through it

<https://www.cruse.org.uk/get-support/>

Tel 0808 808 1677

9.30 -5.00pm Monday – Sunday

9.30am -8.00pm Tuesday to Saturday

You can also follow them on social so you can see others who may be sharing experiences that reflects yours or someone you know Cruse are on Instagram, X and Facebook. They also offer local support services and One to One support.

Cruse
Bereavement
Support

National Grief Awareness Week

2nd – 8th December

The Good Grief Trust who are running National Grief Awareness week

Full of information on where to **find local support , practical help, and information** for anyone such as the newly bereaved, those whose loss was many years ago or those who want to support a friend, colleague, or family member

Website - <https://www.thegoodgrieftrust.org/>

And information on the many 24hr support lines such as **Bereavement Trust** (0800 435 455) who give emotional and practical advice **6pm -10pm everyday**

Don't forget we also have the **EAP line** where you can access **24hr support and professional counsellors for free**. Call free on 0800 015 5630 24hrs a day 365 days a week.

Care First for free online information and counselling, 24hrs a day , 7 days a week

You'll find information on **financial support and some of the practical points** that have to be managed in the midst of what can be a disorientating time even for someone who seems to be in control, with **a list of immediate and important tasks and contacts**

Website – www.Eap-carefirst.com

Username - lifestyle1234

Password - carefirst

Care first Supporting you 24hrs everyday

[My homepage](#) [At home](#) [At work](#) [Health](#) [Managers Area](#)