

*When and
where to get
help after a
bereavement*



It's what we do

When and where to get help after a bereavement

Following a bereavement, many people make sense of their grief with the support of friends, peers, families, faith or community groups etc. For some, grief can be more complicated. If you experience any of the following over a prolonged period, you may like to consider additional support:

- Prolonged or strong feelings of irritability, anger, worry, fear, or sadness
- Avoiding friends and social activities
- Less interested in your appearance or personal care
- Struggling to carry out normal daily activities or handle daily problems
- Changes and worries about work performance
- Thinking about suicide or self-harm
- In need of practical help, e.g., financial, housing, care

Working in partnership with Cruse Bereavement Support, we have developed a number of resources which may help to explain the way you're feeling. You can find more information coop.co.uk/griefsupport

Where to find support

You may be reluctant to ask for help but it can really help and once you have made the initial contact, it is usually easier than you think.

Co-op Care provides a variety of support options to support your health and wellbeing, whether it be mental, physical or financial. Check out **Co-op Care - Co-op Colleagues** (coop.co.uk)

Cruse Bereavement Support provides professional bereavement support via one-to-one or group support on phone, video or in person. Call the National Helpline: **0808 808 1677** or visit www.cruse.org.uk to find out more.

If you'd like to contact someone who has had a similar experience, you can connect with people through peer groups. The following organisations will be able to help:

- SOBS for those bereaved by suicide.
- Compassionate Friends - if you have experienced the death of a child
- WAY - Windowed and Young
- Switchboard - for LGBTQ bereavement support
- You can find more here www.cruse.org.uk/organisations/signposting

Online Groups - social media platforms provide many online support groups as well as online bereavement communities such as Sue Ryder and At a Loss.

Samaritans if you are struggling to cope and need to talk to someone. Call **116 123** or www.samaritans.org

Practical Support - when someone dies you may suddenly be facing legal, financial, housing, care problems etc. and need some advice and support. Check out Co-op Care or contact Citizens Advice www.citizensadvice.org.uk

working in partnership with:

Cruse
Bereavement
Support

 **Cruse**
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