

If you or someone you know has been bereaved as a result of cancer or other life limiting illness, we can help.

Please get in touch with TCT to see how we can help you:
Email tct@cancercare.org.uk or call 01524 381 820

Additional support groups

Compassionate Friends

A national organisation which has local groups in Lancaster (at The Lodge pub) as well as in Carlisle. You can contact them on their helpline 0345 123 2304 or via email on helpline@tcf.co.uk.

St John's Hospice, Lancaster

Provides bereavement support when someone dies who is known to the hospice. You can call them on 01524 382 538.

St Mary's Hospice, Ulverston

Provides bereavement support to over 18s, and no previous contact with the hospice is needed. You can contact them on 01229 580305.

Facebook Groups

There is multiple Facebook support groups based in the local area. Facebook groups are a great place to discuss things online with people having similar experiences. To get in touch search for them on Facebook: 'St Mary's Hospice Bereavement Support' and 'Lancaster Bereavement Group'.

Child Bereavement UK

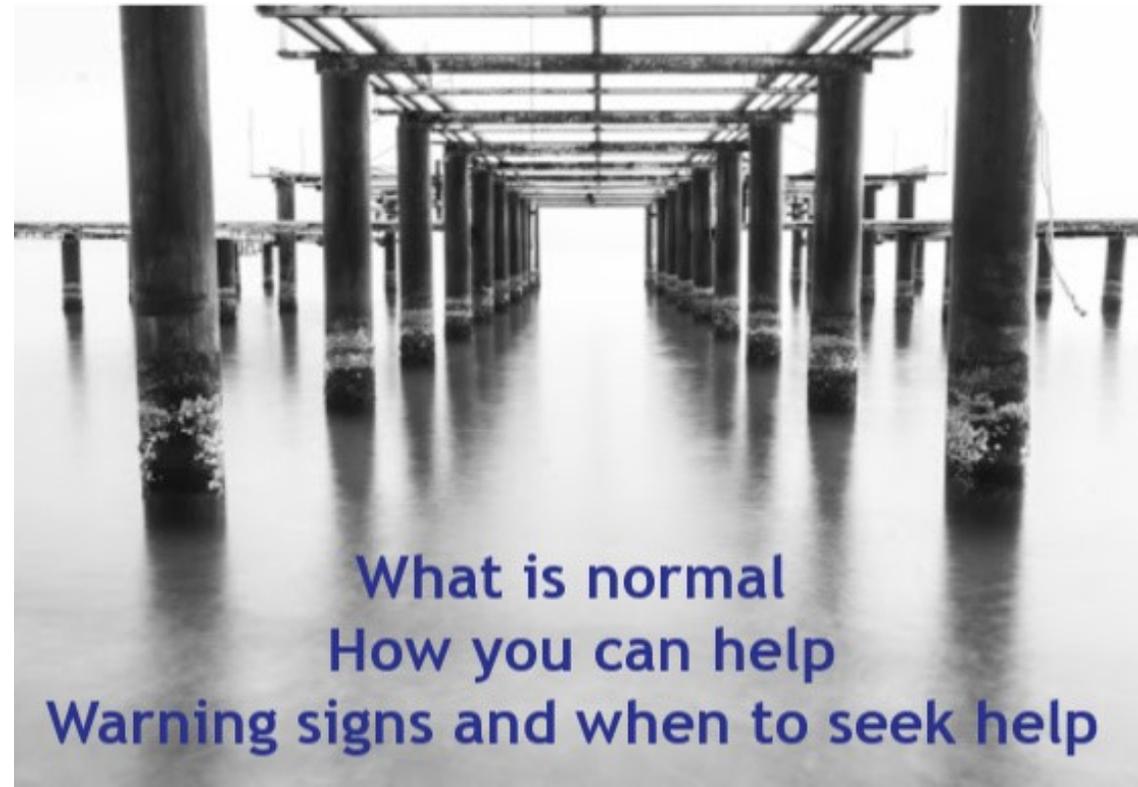
A national charity that provides professional support on issues related to child bereavement, such as telling them a family member is dying. Contact them on 0800 02 888 40 or email support@childbereavementuk.org.

Widowed and Young

A charity supporting men and women aged under 50 whose partner has died. www.widowedandyoung.org.uk/



Grief, Loss & Bereavement in adults



**What is normal
How you can help
Warning signs and when to seek help**

An adult's grief

Grief is a normal and natural process that takes work to get through. It is not easy to cope with the loss of close relationships that have existed in our lives. Dealing with the emotions that occur in the grieving process takes much time and energy, and is usually both physically and emotionally demanding.

People grieve in very different ways. Some people do it openly, while others hide their feelings of distress. It may be a fast or slow process. There is no "right way" to grieve. Each individual comes up with a method of grieving that fits them and their particular loss.

There are a number of conditions that can make it harder for a person to successfully make it through the grief process.

- the way in which a person died
- whether the death was anticipated
- the history you shared with a person and intensity of attachment you had to a person
- The amount of support the grieving person can draw upon

The more that friends, family and community are present and supportive, and the more that the grieving person is able to accept offered support, the better the outcome tends to be. Isolated people tend to have a harder time.

The "fairness" of the loss is also important. Losses that challenge a grieving person's ability to believe that the world is predictable are harder to manage. The experience of grief is not something a person ever recovers from completely, but over time the feelings usually reduce in intensity.

What is normal?

In the aftermath of a death, it is perfectly normal to move between many different emotions. Feelings of sadness, frustration, anger, denial, guilt and even relief can all be typical of those who are grieving.

Emotions are often surprising in their strength or mildness, and they can also be confusing, such as when a person misses a violent or painful relationship.

When should I get help for me or my loved one?

It is important to give yourself some time after a bereavement to grieve. However, there may come a time when you realise it's time to seek help.

The following are some indicators that this may be the case:

- Your grief is interfering with your ability to return to routine activities
- Feelings of intense sadness and difficulty engaging in happy memories
- Preoccupation with the person who has died or with the circumstances surrounding the death
- Lack of desire in pursuing personal interests or plans
- Trouble eating or sleeping, where previously you did not
- Overriding belief in the need to be strong, not burden others which causes fear about 'losing it' or 'being out of control'
- Struggle to respond to other people's feelings and emotions
- Avoidance of reminders of the person who has died
- Thoughts of suicide

How can bereavement counselling help?

Bereavement counselling can provide a confidential safe space in which you are supported to understand your own grieving process and explore the above.

A therapist might help you to find different ways to maintain healthy connections with the deceased through memory, reflection, ritual, or dialogue about the deceased and with the deceased.

Therapy is also an effective way to learn to cope with the stressors associated with the loss and to manage symptoms with techniques such as relaxation or meditation.