

# Bereavement Support

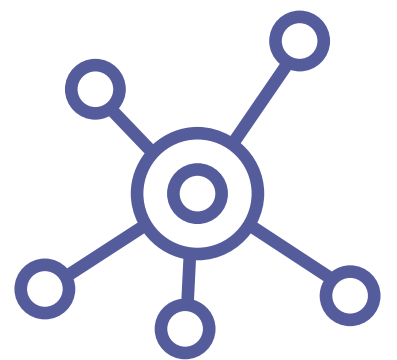
sadness or depression  
anger or hostility  
**relief**  
mixed feelings

**shock, denial or disbelief**  
numbness and denial  
panic and confusion  
feeling overwhelmed

**7%**  
of people who are bereaved go on to develop “complicated grief”



On average  
**135 people**  
are affected to some degree by every person lost to suicide



- Grief affects everyone differently: there’s no right or wrong way to feel. Sudden loss can cause shock, disbelief, and isolation.
- Talking to someone, whether a friend, family member, counsellor or support organisation, can help, though some may wish to deal with the loss in private.
- Some people may need additional support to help to cope with a bereavement.
- Try not to focus on the things you cannot change: focus your time and energy into helping yourself feel better.
- Try not to use alcohol, cigarettes, gambling or drugs to relieve grief; these can all contribute to poor mental health.



**For the latest signposting on bereavement support in Havering, please see the Live Well Havering ‘Bereavement’ page.**