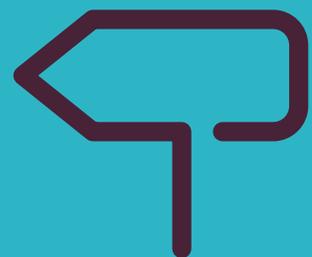


# Bereavement

## Support Guide



# What is bereavement



Bereavement is when a loved one passes away. While it's a natural part of life, bereavement is never easy, and it's natural to feel grief.

It can be hard to predict when bereavement will affect us. And the grief we feel can be even harder to bear. The death of a loved one is one of the hardest challenges most of us will face.

Health Assured provides compassionate, caring support helping people and organisations during times of bereavement.

## How do I cope with loss?

It's impossible to know how bereavement will affect you until it happens. People react in different ways—it's important to know that this is normal.

Everyone has their own way of coping. Some might find that crying helps. Others might want to be alone.

It's important to allow ourselves to express grief in whatever way we feel is needed. A few ways to help cope with loss include:



**Talk:** going over your memories with someone—simply getting your thoughts out in the open—can help you to understand your feelings.



**Recognise guilt:** people can feel guilt after experiencing loss. A feeling that more could have been done is common. And moving on, letting go, can be hardest of all. Recognising guilt and processing it properly is a healthy step in the grieving process.



**Plan ahead:** the first year following a bereavement is hard. And after that year, the anniversaries begin. It's important to prepare for the impact these can bring. Plan any time off work you need, and think about ways to commemorate those times.



**Allowing time to grieve:** it can take a long time to learn to adjust to a major bereavement. You need to process some intense feelings. Take as much time as you need.



**Keep mementos:** your relationship with a loved one doesn't end with their death. Make sure to keep photos, gifts and other items to remember them by.



**Be aware of stress:** the worries following bereavement can lead to higher stress. Be careful, think about how you feel. Slow down if you need to.



**Avoid alcohol:** numbing the pain of loss with alcohol—or other drugs—is only a temporary fix. And it can lead to other issues later on. It's okay to want a drink, but in moderation.



**Take care of yourself:** Eat regularly, keep a good hygiene routine and get plenty of rest.

Free 24 hour confidential helpline:

healthassuredeap.com

# Where can I find help?



Speak to one of our counsellors. Our helpline is open 24/7, 365—you're never far from help.

You should speak with your GP if you find your grief overwhelming. They may suggest further counselling or medication. It's not just emotional pain that loss causes—practical and financial effects are common. Childcare and housing costs, looming bills and the pressure of settling the deceased's estate can build up quickly.

You may be eligible for financial help. Contact your local Department for Work and Pensions—ask about Bereavement Allowance, Widowed Parent's Allowance and Funeral Payments.

## Going forward

Additional support is found on the health and wellbeing portal ([www.healthassuredeap.com](http://www.healthassuredeap.com)), or on the Health e-Hub mobile app, available as a free download on iOS and Android smartphones.

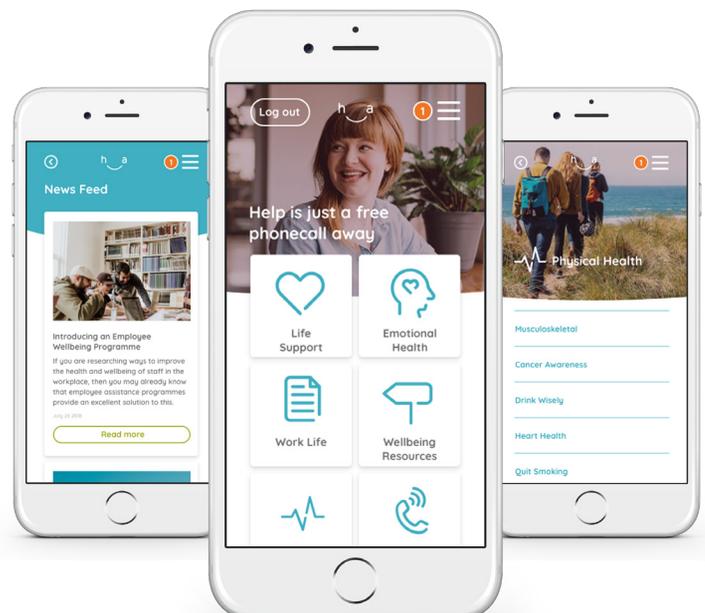
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