

Cruse Bereavement Care

Has someone died?

**Support
Advice
Education
Information
Counselling**



**Telephone 01502 722234
(answer phone)**

Has someone died?

Has someone you love died? Does someone you know need your support and understanding because they are coping with the death of someone close? Then this leaflet is for you. It is about what happens when we are affected by a death and it's about things others can do to help.

When someone dies?

How do you respond to a death or a bereaved person will be very individual and personal. These are some of the things people often say when someone dies. They may help you to feel that you are not completely alone, or to understand what someone you know is going through.

"I can't believe it"

It may take you a long time to grasp what has happened. Some people carry on as if nothing has happened. It is hard to believe that someone important is not coming back.

"I feel nothing"

The shock can make you numb, you may feel that you are in a different world.

"Why did it have to happen?"

Death can seem so cruel and unfair especially when you feel someone has died before their time or when you had plans for the future together.

"I feel such pain"

Physical and mental pain can feel completely overwhelming and very frightening.

"I go over it again and again"

You can't stop thinking about the events leading up to death.

"If only"

You may feel guilty about things you said or did or that you didn't say or do.

"I feel so depressed, life has no meaning, I can't go on"

Many people say there are times after a death when they feel there is nothing worth living for and they feel like ending it all.

"They said I'd be over it in a few months"

Many people find it takes much longer to learn to cope without someone they love.

What can help

These are some of the things that people tell Cruse they find helpful.

- ***I appreciated the letters people wrote,***
knowing that they were thinking about me and Susan, who died.
- ***I wanted to talk over and over again.***
I talked to my family, to my friends, anyone who would listen.
- ***I wanted people to say they knew what happened,***
not avoid it or pretend they didn't know.
- ***I needed someone to tell me what to do about the funeral,***
how to organise a memorial service and what money I could claim.
- ***I realised that this was one time I couldn't cope on my own***
and I learned to accept help. When I felt I needed more than my family and friends could manage I talked to a Cruse volunteer.

Head Office Details:

Cruse Bereavement Care
PO Box 800, Richmond
Surrey TW9 1RG

Telephone: 020 8939 9530

Fax: 020 8940 1671

Helpline: 0844 477 9400

www.crusebereavementcare.org.uk

Royal Patron: Her Majesty the Queen
Registered Charity No. 208078

There is no charge for our support service and we are entirely staffed by volunteers

How Cruse can help

Anyone can contact Cruse if they want to talk about themselves or someone they know who has been affected by a death.

Cruse can provide:

- ***Someone to talk to***
The opportunity to talk, in confidence, once or many times, with a trained volunteer
- ***Advice about children and young people***
Cruse can support parents and others who want to know how best to respond to children and teenagers who've been affected by a death. Some areas have specially trained children's counsellors. Cruse also has books for and about bereaved children and teenagers and can provide information about other organisations which can also help
- ***Training***
Support, information and publications for anyone interested in the best way to help others as well as themselves.

Local Branch Details:

**North Suffolk &
Great Yarmouth Branch**
PO Box 11, Wrentham, Beccles
Suffolk NR34 7JU

One to one support from our trained Bereavement Support Workers throughout the area

If you need our help please phone and leave a message on our answer phone.

01502 722234

One of our trained volunteers will call you back as soon as possible.