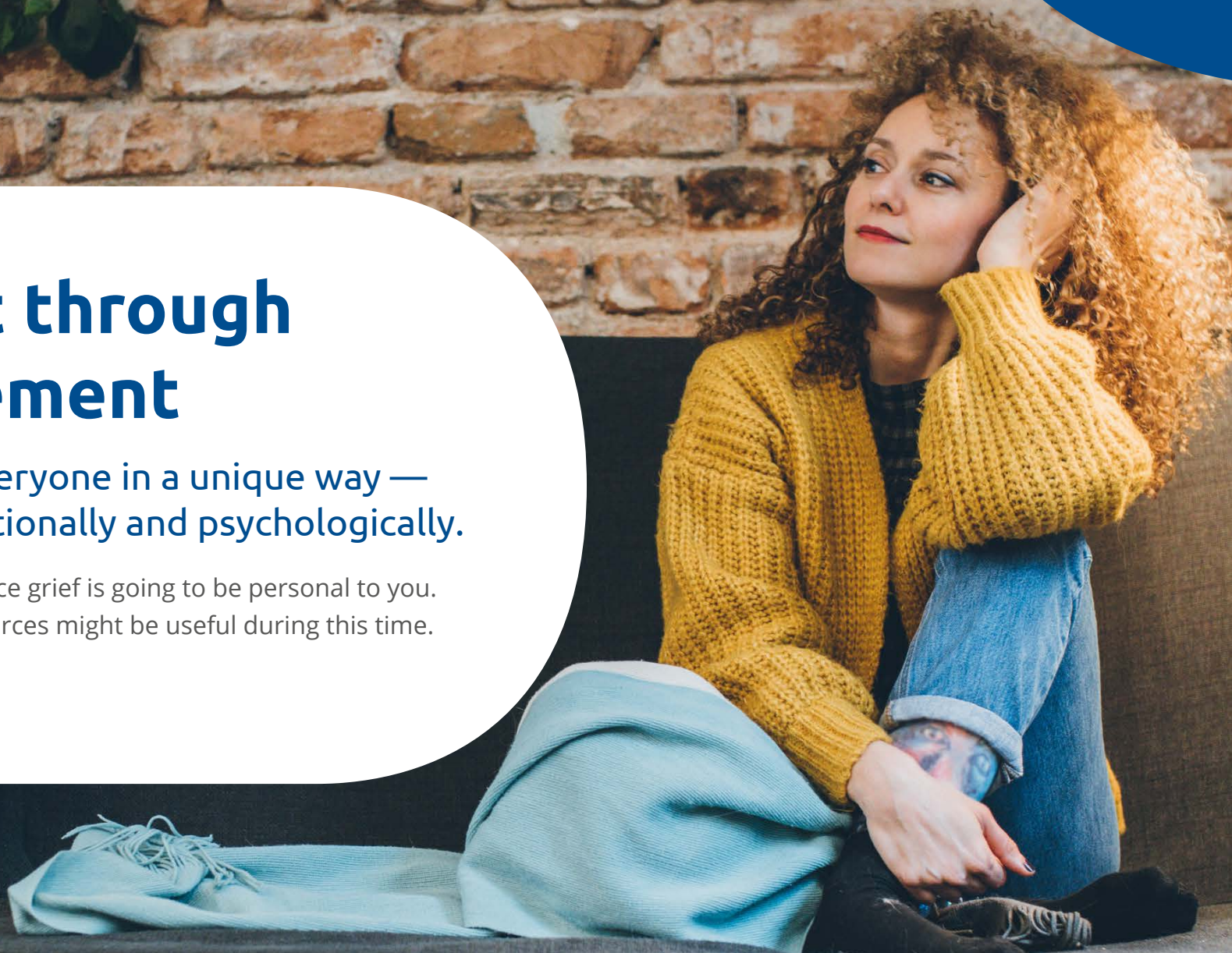


Support through bereavement

Grief affects everyone in a unique way — physically, emotionally and psychologically.

However you experience grief is going to be personal to you. This collection of resources might be useful during this time.



Bereavement resources

Below are some valuable resources to help support you and your loved ones. These resources look at how to cope immediately after your bereavement, as well as dealing with your feelings as time passes and you return to work. It's incredibly important to communicate with your family and friends — as well as talking to your employer to find out what support is available to you.

We hope you find these support tools helpful.

> How we grieve

Grieving is something that most of us will have to face in our life, but there is no set path and everyone grieves differently.

> Why is my partner grieving differently

Following a death within the family, we may expect grief to be similar because of the shared experience – but grief is individual and a partner may grieve in a very different way.

> Tell us once

Reporting a death to most government departments in one place.

> Support after suicide

Support and information following a suicide.

> Managing grief

Tools and ideas that you might want to use to help support yourself.