

STAFF BULLETIN

Bereavement Support



The loss of a loved one can bring about a range of emotions, with grief being just one of them.

When we lose someone close to us, the grief we experience is complex and can have a profound impact on our mental and physical wellbeing.

As well as deep sadness, and depending on the circumstances of their death, you may feel angry, hurt or confused, or even blame yourself.

No matter the situation, it's normal to experience a wide range of emotions when we lose someone we love, and all of them are valid and deserve to be acknowledged.

You may be in contact with someone who has recently experienced the loss of a loved one. Resources are available that can help support them through this difficult time.

We now have advice on everything from wellbeing and financial support to registering a death and arranging a funeral on our website.

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