

Bereavement Easy Read

What is bereavement?

Bereavement is the feeling of sadness that can come after losing a loved one.



Feelings and Thoughts



Losing a loved on can feel confusing and maybe scary. Grief is a natural response and it takes time to start feeling better.

Culture and Bereavement

Every culture has its own expression of grief. Carrying out these practices can offer comfort and stability.



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Looking after yourself



Look after yourself by doing things you enjoy and some light exercise like going for walks. Set yourself a daily routine to bring a sense of 'normal' to your day.

Referrals

If you would like support with your bereavement please contact us at Newham Bereavement Services to self-refer. We will provide you with the best support possible.



Contact:

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