

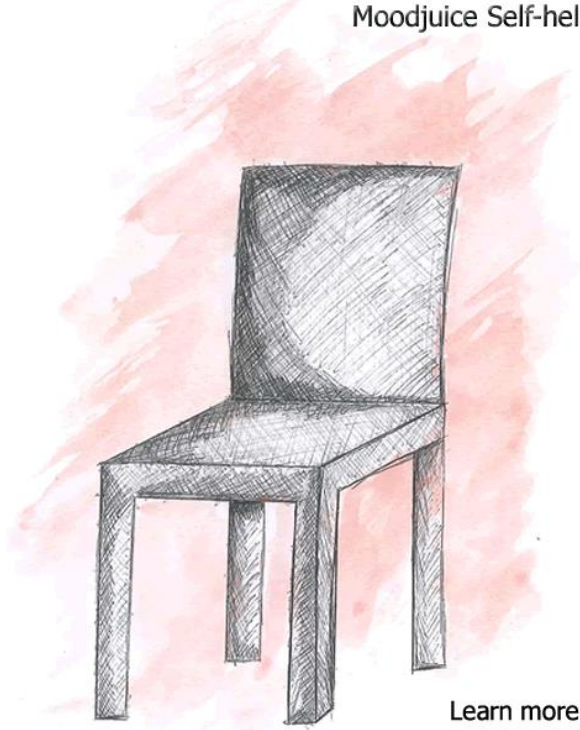
## Bereavement

A self help workbook from the NHS

<http://www.moodjuice.scot.nhs.uk/bereavement.asp>

# Bereavement

Moodjuice Self-help Guide



Learn more about  
bereavement and skills  
to cope with it.

Website to support families and young people

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)



Home

For families

For young people

For professionals

For schools

**BREAKING NEWS: Gary Barlow  
becomes Patron of  
Child Bereavement UK.**  
[Press Release](#) | [Photos](#)



Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

A useful app for you phone:



Download the App

...read more

Call our helpline  
0800 02 888 40

If someone important to you has just died, or you have just found out they are very seriously ill, you are not alone and you can get help and support.

If you need to talk to someone you can email:

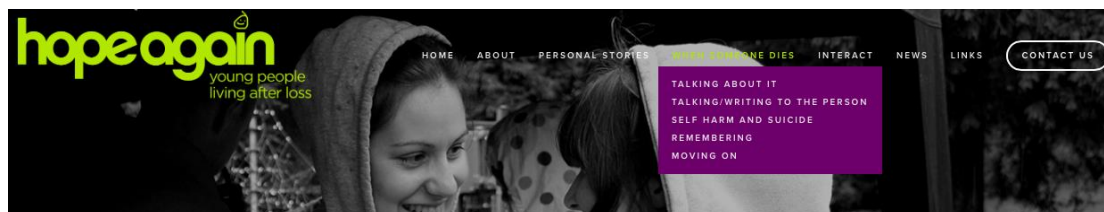
[support@childbereavementuk.org](mailto:support@childbereavementuk.org) or call on **0800 02 888 40**.

Your call will be confidential.

*Designed by the Young People's Advisory Group (YPAG)*

Direct one-to-one support for young people suffering bereavement with lots of very useful links

<http://hopeagain.org.uk>



Send Us A Message

Name \*

Email Address \*

Subject \*

Message \*

If you are a young person and someone you know has died, why not send a private email to [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk) to one of our trained volunteers.

If you want to talk to someone directly, call our FREE phone helpline on **0808 808 1677** Monday-Friday, 9:30am - 5:00pm.

If you are an adult and would like some advice please contact us on the email below:

Self-help advice from Mind.org.uk with links to support you through all the different aspects of the grieving process

<http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/>



The screenshot shows the Mind.org.uk website. At the top left is the Mind logo with the tagline "for better mental health". A navigation bar contains links for "Information & support", "About us", "News & campaigns", "Get Involved", "Workplace", and "Shop". Below this is a breadcrumb trail: "Home > Information & support > Guides to support and services > Bereavement". The main heading is "Bereavement", followed by the subtext "Gives information about where you can get support with bereavement". On the left side, there are two menu items: "Effects of bereavement" (highlighted in a blue box) and "Useful contacts". The main content area is titled "Effects of bereavement" and contains a paragraph: "The death of someone close to you can be emotionally devastating. You might find you experience a range of physical and emotional symptoms as you come to terms with your loss. The links below are to our information on specific conditions and symptoms." Below this paragraph is a bulleted list of links: "Panic attacks", "Anger", "Suicidal feelings", "Anxiety", "Loneliness", and "Sleep problems".

