

This document has been compassionately drawn up to help those who have recently lost a loved one and would like some help and guidance on how to understand and embrace the feelings often experienced after such a profound event.

The very first thing is to understand the meaning of bereavement and the different effects it can have on those left behind and the various stages of grief and how to embrace those.

Please know that the **RVH Liver Support Care Team** are always here to offer a listening ear and support you in any way possible in order to help to understand why you feel the way you do. Whilst the group cannot offer medical help we do have experience in this area.

**Quick access to our numbers below:**

Kay::07737 718943; Jim::07715 167837; Arthur::07419 844458; Patricia::07815 194842 and Rachel::07849 250183

In order to get a better understanding of how you feel right now this website, run by “Mind”, offers an insight into this and is well worth a read. It can be found at the address below.

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

If you prefer to use the services that the NHS has to offer, there is similar information available below. Again, please click on this link to access this information.

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>

<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

We would like to also let you know of the following numbers should you like to make contact.

Family Support NI on 0845 600 6483 <https://www.familysupportni.gov.uk/Support/19/services-to-help-you-and-your-loved-ones-cope-with-bereavement>

Cruse on 0808 808 1677 <https://www.cruse.org.uk/>

Grief & Bereavement Explained https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm

Lifeline (24 hrs) on 0808 8088000 <https://www.lifelinehelpline.info/i-need-help>

Samaritan’s (24 hrs) on 116 123 <https://www.samaritans.org>

Please know that there are people and societies out there that can help and offer assistance to you during this difficult time. Please reach out.