



Mental Health Information Station Getting Help with Grief

About Grief

<https://www.cruse.org.uk/get-support/>

Grief is a natural process, but it can be devastating. Our articles cover what you can do to help yourself, and what you can do to help others.

Bereavement UK

www.bereavement.co.uk

Bereavement UK has a Facebook Support Forum and a Chat Room, and includes a special support group for those who have lost a child.

Grief after bereavement or loss - NHS

www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement

6 ways to feel happier, ways to sleep, peer support, and free audio guides from the NHS.

Sue Ryder.Org

Am I normal? Common thoughts and feelings

<https://www.sueryder.org/grief-support/helping-you-cope-with-grief/am-i-normal-common-thoughts-and-feelings-in-grief/>

Do you ask yourself 'Is how I'm feeling normal?' Here we explore some challenging thoughts and feelings many grieving people experience, such as "I thought I was doing fine,

Help Guide - Understanding and Coping with grief and loss

www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm

There is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process. These tips can help.

Published

September 2024