

# Coping with grief: Getting help from others

***Most people find they need help from other people to make a full recovery. This could mean help from people you already know, or from others, and often from both.***

## **Help from people close to you**

Some people find family or friends provide important support at this time. Talking about how you feel or just having a hug may help enormously. This is much better than bottling up your emotions.

On the other hand, you may feel you don't have this support. You may find it hard to talk to people around you because they are grieving too and experiencing different emotions at different times. You may feel these people aren't close enough or don't understand you. People around you might want to help you but not know where to start.

*If you are having difficulty communicating with people around you, it may help to reading these guides together. This can help explain feelings and make it easier to support each other.*

## **Helping children**

In many ways, children have the same needs as adults. Children want to know what has happened and be given opportunities to talk about it and feel involved and loved. It is much better to tell children things than keep them in the dark.

Children have powerful imaginations and they may imagine something even worse than the truth if you don't include them.

## **Help from bereavement charities**

Some people find it helps to contact a bereavement charity. Different charities offer different services in different way. Bereavement charities may offer emotional support and information help lines (by phone or by email), support literature, face to face support in your home, group meetings, or holiday retreats.

***At Lewisham Bereavement Counselling we will always consider your needs and signpost you to the best service, help or support information for you. Where appropriate we will offer you one to one counselling.***

## **Help from an expert therapist**

It is common for feelings to begin to subside gradually and go away, even though you are still grieving.

However, it is also common to find some or all these feelings don't go away or even get worse. If it is several months after your bereavement and you are still suffering these feelings, it is time to consider seeking professional help to enable you to recover.

*It is not a sign of weakness to do this. You have suffered a terrible event and are correctly putting your welfare first so you can have a positive future.*

The recommended help for people who have suffered a bereavement and have ongoing symptoms is usually 10 or more confidential one-on-one sessions, with a psychological therapist who has training and experience in helping bereaved people to recover, through talking.

***If you feel you need bereavement counselling, now is the time to contact us again at Lewisham Bereavement Counselling and we will talk you through your options.***

## **Drug treatments**

You may be offered drugs by your doctor, such as sleeping tablets or anti-depressants. Some bereaved people find some drugs helpful at certain times and for certain reasons. Other people prefer never to take drugs.

Drugs may mask rather than cure symptoms, may impede your ability to function normally, may have a range of side effects, and may be addictive and difficult to give up.

*You are recommended to consider carefully and discuss with your doctor the purpose and risks of any drugs you are offered and the duration over which you may take them. Expert therapy is the recommended treatment for suddenly bereaved people suffering ongoing trauma symptoms, not drugs.*