

## Useful contacts

### Asian Family Counselling Service

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

Tel: 0161 8813 9714

### Beechwood Cancer Care Centre

[www.beechwoodcancercare.co.uk](http://www.beechwoodcancercare.co.uk)

Tel: 0161 476 0384

### Cancer Information Centre at The Christie

Specialist staff can offer information and advice.

Tel: 0161 446 8100

### Children Families Bereavement Service

Gaddum House, 6 Great Jackson Street,  
Manchester M15 4AX

[www.gaddumcentre.co.uk](http://www.gaddumcentre.co.uk)

Tel: 0161 834 6069

### The Compassionate Friends

Support and friendship for bereaved parents  
and their families.

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

Helpline: 0345 123 2304

### CRUSE Bereavement Care

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

Helpline: 0844 477 9400

### Macmillan Cancer Support

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

Freephone: 0800 808 00 00

### Widowed & Young

(for people widowed under 50)

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

### Winston's Wish

For grieving children and their families.

Tel: 08452 03 04 05

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



The Christie **NHS**  
NHS Foundation Trust

## The Experience of Grief



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[www.christie.nhs.uk](http://www.christie.nhs.uk) Tel: 0161 446 3000

## The experience of grief

We are all deeply affected when we lose someone close to us, whether it is through death or some other way.

We all react differently. Here are some of the normal feelings and problems you may experience:

### Normal feelings and problems

- Numbness and shock
- Guilt, fear, anger, anxiety, agitation, loneliness, depression
- Difficulty making decisions
- Disappointment about all the hopes that will never be realised
- Difficulty sleeping, eating, concentrating
- Finding everyday situations and relationships difficult to cope with
- Experiencing changes in your sexual drive
- Feeling unable to contemplate the future without your loved one
- Fearing you are losing control
- Feeling a loss of self confidence and identity
- Needing to understand why this loss has happened.

### Some do's and don'ts for you to consider ....

- Don't bottle up your feelings. Remember that crying can give relief.
- Do talk about what has happened.
- Don't expect memories to go away. The feelings will stay with you for a long time.
- Do take time out to sleep, rest, think and be with those important to you.
- Do drive carefully and be extra careful at home. Accidents are very common after severe stress.
- If you can, put off major decisions such as moving home for at least a year.
- Do remember that grieving is normal and affects people differently. We all grieve in our own way, at our own pace and in our own time.
- Do let your children share your grief. Do involve them in the funeral if they wish. Get them to talk about their emotions and express their feelings, for instance through drawing and games.
- Do consider sending children back to school and let them keep up their activities.

### Help and support

Often we get the help we need from our family and friends, but sometimes the problems are too much to cope with. You may want to talk to someone who has had a similar experience or can help you understand "why".

You may need extra help if:

- you feel you want to talk to someone but don't know who to turn to
- children are involved and you would like help with answering their questions
- you cannot eat or sleep, if you are having nightmares or your regular routine is disturbed
- your work is suffering and you cannot concentrate or work effectively
- you continue to feel tense, confused, empty or exhausted
- you are having accidents or you are overeating or you are excessively smoking, drinking or taking drugs in order to cope.

### How to find help

Talk to your GP, or contact an appropriate organisation from the list overleaf.

The Bereavement Services staff at The Christie may be able to help you by offering basic advice and helping to find a support group or organisation in your area that will be most helpful for you.  
Tel: 0161 446 3350 / 3898

The Christie has a counselling and psycho-oncology service as part of the psycho-oncology team. They may be able to help you find a suitable service or offer counselling in some situations.  
Tel: 0161 446 8038.