

Helping you with your bereavement

Registered Charity 512394



**Severn
Hospice**
here and at home

Common feelings and reactions

Grieving is a normal process following bereavement and affects people in different ways. However, here are some feelings and reactions you may experience:

- At first, numbness and disbelief – it hasn't really happened
- Thinking you have seen or heard the person, or searching for them
- Guilt, anger, loneliness, depression or feelings of 'going mad'
- Feelings of relief
- Difficulty sleeping or eating and in concentrating
- Feeling physically low and concerned about your health
- Disappointment about all the plans and dreams that will never be fulfilled
- Finding everyday situations and relationships difficult to deal with

We're here for you

Severn Hospice Patient and Family Support Services can be contacted by calling our Shrewsbury hospice on 01743 236565, our Telford hospice on 01952 221350.

Looking after yourself

- It is okay to express your feelings
- Try to talk about what has happened
- It is important to make time to sleep, rest and think, as well as having time with your family and friends
- Allow yourself more time to do things
- Don't be pressed or push yourself into major decisions if possible – there are no right times for doing anything, only at your own pace
- Try to let children share your grief and encourage them to express their feelings. Talking, reading, drawing and playing games can be helpful
- Encourage children to return to school and continue with their activities
- Be gentle with yourself

Please see overleaf for ways we can help

How we help

We want to continue to support you and your family and a number of services are available:

- **Individual support** – with a member of our bereavement support team
- **Group meetings** – for relatives to share their experiences together
- **Children and families hub** – a bereavement service supporting young people and families in particular
- **Remembering** – At Christmas our Lights of Love service creates a special moment for the community to come together and remember loved ones missed
- **Practical help and advice**

If you are interested in any of the above, please get in touch

Confidentiality

The hospice operates on a team-based approach to your care. We may sometimes need to share information you give us with our colleagues to ensure you are receiving the best service. We will always endeavour to check with you about what we may or may not divulge.

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