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# BEREAVEMENT GRIEF AND LOSS

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## BEREAVEMENT SUPPORT

If you are experiencing bereavement yourself, or supporting someone who is, our hope is that this resource will make it easier for you to know where to go for support during this time.

This resource covers:

- 03** Ways of supporting yourself through bereavement
- 06** Support at Keele
- 09** External Support Services
- 11** Support for different forms of grief, loss and bereavement



# WAYS OF SUPPORTING YOURSELF THROUGH BEREAVEMENT

The next couple of pages contain some suggestions for some things that may help you, but if they don't, that's okay too - what works for one person won't work for everyone.

**Self-compassion** - First of all, it's important to remember that there is no one right way to grieve. Responses to grief can often look very different for different people. Give yourself space to grieve in your own way.

## **Look after yourself:**

- If you can't sleep, make sure that you are getting enough rest.
- Eat something - if you can't stomach a big meal, eat little and often.
- Do things for yourself that you find enjoyable.
- Marie Curie's video "What helps with grief" ([click here](#)) has people talking about what they have found helpful while grieving.

**Ask for help** - accept help and reach out for support. Give yourself space if that is what you need but make sure not to isolate yourself or keep your emotions bottled up. People won't always know what support to offer for the best, so don't be afraid to ask for what you need.



# WAYS OF SUPPORTING YOURSELF THROUGH BEREAVEMENT

First of all it's important to remember that there is no one right way to grieve.



Plant something in remembrance

Write them a letter or write down your memories of them



Create a memory box or photo album



Get together with friends and/ or family to share stories, talk about and remember the person you have lost





# WHERE YOU CAN FIND SUPPORT

The rest of the document will direct you to support you can find here at Keele as well as externally. This isn't an exhaustive list, so if you are looking for something specific that is not listed here, please do reach out.

## Support at Keele

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## Counselling and Mental Health Support

If you are experiencing bereavement and feel that you need support, you can contact the counselling and mental health team here at Keele to find out how they can support you. [Click here](#) to visit the website, and you can get in touch:

- By email: [counselling@keele.ac.uk](mailto:counselling@keele.ac.uk)
- By phone: +44(0)1782 73418

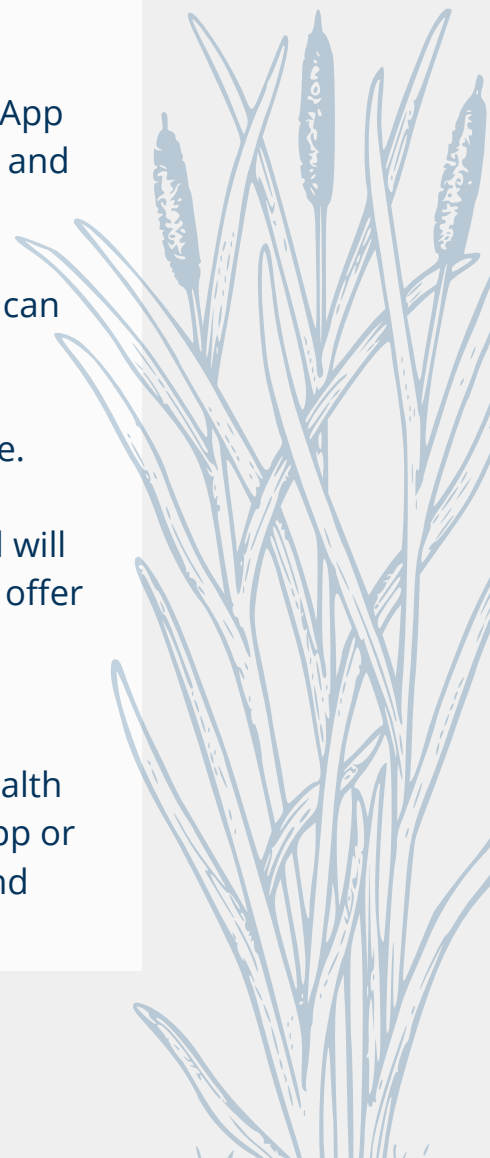
## Health Assured

[Health Assured](#) are a free 24-hour confidential helpline and App available to all Keele students (Postgrads, this includes you!) and their immediate family.

The service can provide support with bereavement, but you can also contact them about a range of other issues such as counselling, financial wellbeing, alcohol and drug issues, relationship advice, legal information, and much, much more.

You can access support by phone (0800 028 3766) - your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

Alongside this, you can also download the '[My Healthy Advantage](#)' app on your device or access features via the [Health Assured online portal](#). For details on how to log in via the app or online portal, you can [click here to visit the web page](#) and find out more.



## STUDENT SERVICES

If you are experiencing bereavement and feel that you need support, you can contact your Student Experience and Support Officer to find what support is available to you.

Student Experience and Support Officers are here to support you regardless of your mode or level of study. You can find out more or contact them to arrange an appointment by clicking [here](#).

In addition to this, Student services and your Supervisor or Personal Tutors are here to provide pastoral support and signposting should you need it.

## THE KPA

**The Keele Postgraduate Association** (KPA) officers are always on hand for any Postgraduates who may want an informal chat or just to grab a coffee.

They are more than happy to help talk through your options, whether that's signposting to the relevant support networks or discussing a Leave of Absence/Extenuating Circumstances.

You can reach the KPA officers on either [kpa.chair@keele.ac.uk](mailto:kpa.chair@keele.ac.uk) or [kpa.vp@keele.ac.uk](mailto:kpa.vp@keele.ac.uk).

\*Please note that the KPA officers are not trained professionals, so cannot offer crisis support.



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# SUPPORT AT KEELE: THE CHAPLAINCY TEAM

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If you are experiencing bereavement, the Chaplaincy team here at Keele work closely together to support those of all faiths and none. Whether you want to talk to someone about your bereavement or find out about other ways they might support you, you can find the names and contact details of the chaplaincy team if you [click here](#).

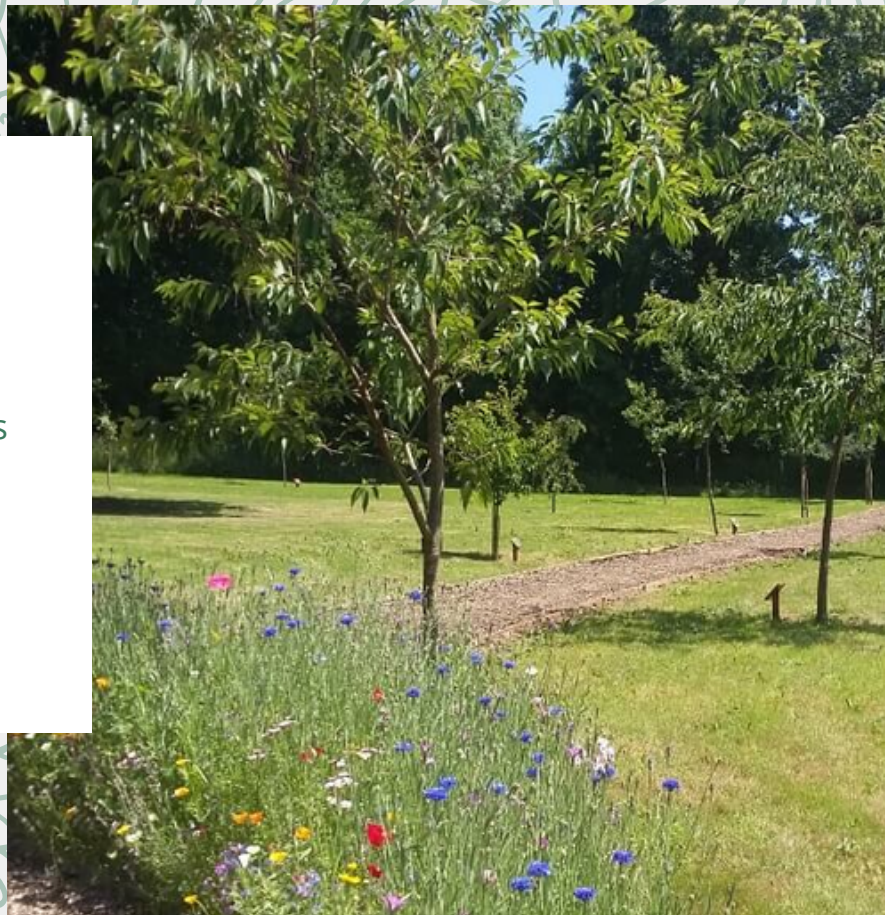
## *Supporting students and staff of all faiths and none*



You are always welcome to contact whichever chaplain you like, irrespective of your own faith, background or tradition. If you don't necessarily want to talk to anyone, then the East Chapel provides a space for quiet prayer and reflection, and to light a candle.

### **The Remembrance Garden**

Situated behind the Clockhouse is the Remembrance Garden. There are benches should you wish to sit and reflect for a while or just visit during a walk.



# EXTERNAL SUPPORT SERVICES

## The Dove Service



The Dove Service is a local grief support charity that supports people in Stoke-on-Trent and North Staffordshire who are experiencing bereavement, loss or life-changing illness.

You can find out how to access support via their website ([click here](#)) or tel. 01782 683155

## Student Space

Student Space was developed to provide support for students during the coronavirus pandemic.

The website has a section (**click here to visit**) dedicated to providing support for students experiencing grief and loss, including articles about:

- [the process of grief](#)
- [looking after your wellbeing while grieving](#)
- [what to do when grief doesn't go away](#)
- as well as links to [videos](#) of students sharing their own experiences of grief and articles about [other kinds of loss](#) that may result in grief.





# EXTERNAL SUPPORT SERVICES

## Cruse Bereavement Care

Cruse is a fantastic website with a wide array of different support resources, including the physical effects of grief and responses to bereavement. [Click here](#) to visit the website.

National Helpline:  
0808 808 1677

### Online Resources

**Experiences of Grief:** The website also contains a section covering grief experiences to provide specific support for those who are coping with the loss of a friend, parent, partner, sibling, grandparent and traumatic bereavement

**Managing the Practicalities:** After someone close to you dies, there can be lots of things that need to be arranged. Cruse provides a breakdown of some of these common practicalities and shares information and advice on what to expect and how to cope with each step along the way. [Click here to read more.](#)

**Supporting a Bereaved Person:** Cruse also includes sections providing information and advice for those who are supporting a bereaved person, which includes dos and don'ts, what to say and how to support children's grief.

### Local Services

As well as the national helpline (0808 808 1677) there are also a number of Cruse branches across the UK that you can access, some of which offer face-to-face support sessions. [Click here](#) to find out more



### Cruse Chat

CruseChat is a free online chat service where you chat directly with a bereavement counsellor anonymously or not.





# SUPPORT FOR BEREAVEMENT FOLLOWING SUICIDE

## Support for bereavement following suicide

**Support after suicide** is a website that supports those impacted by suicide, whether that be losing someone you know to suicide, being witness to suicide or supporting someone who is bereaved by suicide. On the website, you can find stories, resources, links to local support and more.



### The NHS: Support after Suicide

The NHS has created a comprehensive and detailed guide: **Help is at Hand: Support after someone may have died by suicide**.

### Traumatic Bereavement

**Cruse Bereavement Care** has a section on its website that provides support for traumatic loss, which includes articles on coping when someone dies by suicide and coping with a crisis.

### Bereavement Support Organisations

The Papyrus website has a section that signposts to bereavement support organisations. Find it here.

# SUPPORT FOR BEREAVEMENT FOLLOWING THE DEATH OF A CHILD

## The Miscarriage Association

The Miscarriage Association's [website](#) has links to support and resources covering a variety of topics. Some of their resources are also available in languages other than English. As well as online resources, they also offer other services, including:

[Helpline](#)

[Support Groups](#)

[Live online chat](#)

[Email Support](#)

**The Lullaby Trust: Support for Sudden Infant Death:** This [service](#) operates nationwide and offers a [helpline and webchat](#), Facebook bereavement support group, links to local groups and more. To explore their resources and find out more about the support they offer, [click here](#).

**SANDS:** Stillbirth and neonatal death [service](#) provides both information and support for anyone affected by the death of a baby before, during and shortly after birth. SANDS offer support and resources in many forms, including through an App. Find out more about their services by [clicking here](#).

**Child Bereavement UK:** This [organisation](#) provides support for children, young people who are bereaved and parents and families who are experiencing bereavement following the death of a child.

As well as the support and resources offered to bereaved parents, the website also includes: [Support for grandparents](#), [Stepparents](#), [Children and young people](#), [Families' experiences](#) and [videos of young people's experiences](#).



# SUPPORT FOR DIFFERENT FORMS OF GRIEF AND LOSS

Oftentimes we associate grief and loss with the death of a loved one; however, many other life events can also lead us to experience grief and loss. The Student Space article "[Other types of loss](#)" talks about this.

## Chronic Illness and Acquired Disability

Grief and loss following an acquired disability or development of a chronic illness is a common experience, though not often talked about.

To the right are some resources about grieving losses following the development of chronic illness, as well as articles where people have shared their own experiences.

If you are experiencing this yourself, then therapy or counselling can be useful in helping to make sense of and work through the experiences and feelings that can emerge. The Dove Service mentioned on page 9, for instance, offer support for those experiencing life-changing or limiting illness.

CFS Self Help: [Grieving your Losses](#)

Nursing Practice [the experience of grief following an acquired disability](#).

The Mighty: [How to Move Forward When You're Grieving Your Life Before Chronic Illness](#)

Healthline.com: [Grieving for My Old Life After a Chronic Illness Diagnosis](#)



## Losing a pet

The PDSA have a [section on their website](#) as well as a [pamphlet](#) that you can access that provide information on supporting yourself and links to other books and resources.



# LGBTQ+ BEREAVEMENT SUPPORT

If you are a member of the LGBTQ+ community, you can access support from Keele University, Health Assured as well as the other services in this booklet. However, below are some LGBTQ+ specific services which offer support.

## Switchboard: Grief Encounters

Switchboard provides a range of different resources and support for LGBTQ+ people. Their service 'Grief Encounters' provides peer support for LGBTQ+ people who have experienced bereavement. To find out more, [click here](#).

### Support for Child Loss

The Legacy of Leo: #LGBTBABYLOSS This is a blog-style website created by the mums of a little boy who was stillborn. While not providing support in the form of helplines or resources, this website does signpost to lots of good support and features a blog series writing about baby loss. Links to this blog and similar articles can be found to the right.

[The Legacy of Leo Blog](#)

[Pregnancy Loss Is Lonely — Especially for Transgender People](#)

[Finding support as an LGBTQ parent after the death of a child](#)

### If you are providing bereavement support

If you are supporting an LGBTQ+ person, or if you are supporting someone who has lost someone who is an LBGT+ person, then this [website](#) provides information and links to helpful resources such as [this NHS Leaflet](#).

- Fears about death and bereavement.
- How to talk about an LGBTQ+ person who has died.
- Experiences of bereavement for LGBTQ+ partners.
- Managing relationships between families of origin and chosen families.

# LINKS TO WEBSITES & RESOURCES

## Support at Keele

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#### **Keele Counselling and mental health support website**

- <https://www.keele.ac.uk/students/counsellingmh/>

#### **Health Assured**

- <https://www.keele.ac.uk/students/lifeoutsideofstudy/welfareandwellbeing/healthassured/>

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#### **Student Services**

- <https://www.keele.ac.uk/students/student-services/>

#### **Student Experience and Support Team**

- <https://www.keele.ac.uk/students/student-services/student-experience-and-support/>

#### **Keele Postgraduate Association**

- <https://www.kpa.org.uk/>

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#### **Meet the Keele chaplaincy team**

- <https://www.keele.ac.uk/students/lifeoutsideofstudy/faith/contactus/>

#### **Remembrance Garden**

- <https://www.keele.ac.uk/students/lifeoutsideofstudy/faith/faithspaces/>

## External Support

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#### **The Dove Service**

- <https://www.thedoveservice.org.uk>

## External Support

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#### Student Space

- **Student Space Homepage:** <https://studentspace.org.uk/>
- **The Process of Grief:** <https://studentspace.org.uk/wellbeing/bereavement-activity-2>
- **Looking after your wellbeing while grieving:**  
<https://studentspace.org.uk/wellbeing/looking-after-your-wellbeing-while-grieving>
- **Videos of Student Experiences of Grief:**  
<https://studentspace.org.uk/wellbeing/student-stories>
- **Other types of Loss:** <https://studentspace.org.uk/wellbeing/other-types-of-loss>

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#### Cruse Bereavement Care

- **Cruse Website Homepage:** <https://www.cruse.org.uk/>
- **Grief Experiences:** <https://www.cruse.org.uk/get-help/coping-grief#grief-experiences>
- **Managing the practicalities:** <https://www.cruse.org.uk/get-help/practicalities>
- **Supporting a bereaved person**
  - **Supporting a Bereaved person:** <https://www.cruse.org.uk/get-help/about-grief/how-support-someone-who-grieving>
  - **Do's and Don'ts:** <https://www.cruse.org.uk/get-help/about-grief/how-to-help-someone-bereaved>
  - **What to say when someone is first bereaved:**  
<https://www.cruse.org.uk/node/1934>
  - **Support for Children's Grief:** <https://www.cruse.org.uk/get-help/for-parents>
- Cruse Local Services: <https://www.cruse.org.uk/get-help/local-services>
- Cruse Chat: <https://www.cruse.org.uk/get-help/crusechat>



## Support for different forms of bereavement, grief and loss

### Page 11

#### Support for Bereavement Following Suicide

##### Support after Suicide:

- <https://supportaftersuicide.org.uk/>

##### NHS Booklet: Help is at Hand: Support after someone may have died by suicide:

- <https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

##### Cruse:

- **Traumatic Bereavement:** <https://www.cruse.org.uk/get-help/traumatic-bereavement>
- **Coping when someone dies by suicide:** <https://www.cruse.org.uk/get-help/traumatic-bereavement/coping-when-someone-dies-suicide>
- **Coping with a crisis:** <https://www.cruse.org.uk/get-help/traumatic-bereavement/coping-with-a-crisis>

##### Papyrus Suicide Bereavement Support: Organisations That Can Help

- <https://www.papyrus-uk.org/support-organisations/>

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#### Support for Bereavement following the death of a Child

##### The Miscarriage Association

- **Homepage:** <https://www.miscarriageassociation.org.uk>
- **Helpline:** <https://www.miscarriageassociation.org.uk/how-we-help/helpline/>
- **Support Groups:** <https://www.miscarriageassociation.org.uk/how-we-help/support-groups/>
- **Live Online Chat:** <https://www.miscarriageassociation.org.uk/how-we-help/live-chat/>
- **Email Support:** <https://www.miscarriageassociation.org.uk/how-we-help/helpline/>

## Support for different forms of bereavement, grief and loss

### Page 12

#### Support for Bereavement following the death of a Child

##### The Lullaby Trust: Support for Sudden Infant Death

- **Homepage:** <https://www.lullabytrust.org.uk/>
- **Helpline:** <https://www.lullabytrust.org.uk/bereavement-support/how-we-can-support-you/bereavement-support-helpline/>
- **Available Support:** <https://www.lullabytrust.org.uk/bereavement-support/how-we-can-support-you/>

##### SANDS: Stillbirth and neonatal death service

- **Homepage:** <https://www.sands.org.uk/>
- **Available Support:** <https://www.sands.org.uk/support-you>

##### Child Bereavement UK

- **Homepage:** <https://www.childbereavementuk.org/>
- **Support for grandparents:** <https://www.childbereavementuk.org/information-the-death-of-a-grandchild>
- **Support for Stepparents:** <https://www.childbereavementuk.org/stepparenting-where-a-biological-parent-has-died>
- **Support for children and young people:**  
<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>
- **Families' experiences of child bereavement:**  
<https://www.childbereavementuk.org/Pages/Category/families-experiences>
- **Videos of young people's experiences:**  
<https://www.childbereavementuk.org/Pages/Category/young-peoples-films>

## Support for different forms of bereavement, grief and loss

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### Support for different forms of grief and loss

#### Student Space

- **Other types of Loss:** <https://studentspace.org.uk/wellbeing/other-types-of-loss>

#### Experiences of grief and loss due to acquired chronic illness or disability

- **CFS Self Help: Grieving your Losses:** <http://www.cfselfhelp.org/library/grieving-your-losses>
- **Nursing Practice: Loss and Grief following an Acquired Disability:** <https://cdn.ps.emap.com/wp-content/uploads/sites/3/2014/11/031214-People-who-acquire-disability-may-grieve-their-loss-forever.pdf>
- **The Mighty: How to Move Forward When You're Grieving Your Life Before Chronic Illness:** <https://themighty.com/2019/02/grief-chronic-illness-how-to-cope-tips/>
- **Healthline: Grieving for My Old Life After a Chronic Illness Diagnosis:** <https://www.healthline.com/health/grief-cycle-chronic-illness#Nonlinear-stages-of-grief-for-my-ever-changing-body>

#### PDSA: Losing a Pet

- **Coping with grief and the loss of a pet:** <https://www.pdsa.org.uk/taking-care-of-your-pet/looking-after-your-pet/all-pets/how-to-cope-with-the-loss-of-a-pet>
- **Saying Goodbye Leaflet:** <https://www.pdsa.org.uk/media/2596/saying-goodbye-leaflet.pdf>

## Support for different forms of bereavement, grief and loss

### Page 14 | LGBTQ+ Bereavement Support

#### LGBTQ+ Bereavement Support

##### Switchboard: Grief Encounters

- <https://www.switchboard.org.uk/projects/grief-encounters/>

##### LGBTQ+ Child Bereavement

- **Legacy of Leo Blog:** <https://thelegacyofleo.com>
- **Transgender Pregnancy Loss:**  
<https://www.healthline.com/health/pregnancy/transgender-pregnancy-loss>
- **Finding support as an LGBTQ parent after the death of a child:**  
<https://itsconceivablenow.com/finding-support-as-an-lgbtq-parent-after-the-death-of-a-child/>

##### Supporting LGBTQ+ Persons or people who have lost someone who is LGBTQ+

- **Website: Supporting LGBTQ+ Bereavement:**  
<http://www.sad.scot.nhs.uk/bereavement/supporting-lgbtplus-people-around-bereavement/>
- **Leaflet: Supporting LGBT+ people around death and bereavement:**  
<http://www.sad.scot.nhs.uk/media/16262/lgbt-bereavement-leaflet-updated-feb-2020-final.pdf>



