



National Grief Awareness Week

2nd – 8th December 2023



National Grief Awareness Week is about bringing people together and raising awareness of support that is available to those that are grieving.

Bereavement (losing someone important to us) affects everyone in different ways, and it's possible to experience any range of emotions.

After a loss, people may feel all, some or none of these emotions:

- Sadness & depression
 - Shock or disbelief
 - Numbness & denial
 - Panic & confusion
 - Anger or hostility
- Feeling overwhelmed
 - Relief
- Mixed feelings

There is no right or wrong way to feel following a loss. Some people seek help immediately by showing their emotions and talking to people, others prefer to deal with things slowly, quietly or by themselves (www.mind.org)

Support Available:

www.halochildrensfoundation.org.uk Halo Children's Foundation is a charity supporting children and their families with bereavement. They are based at the HALO play cafe in The Chimes shopping Centre, Uxbridge UB8 1GB. Many of the children they support have lost a parent, but this can be a sibling, grandparent or any loved one that has sadly died, and they support children and young people up to 18 and their family.

www.winstonswish.org Winston's Wish provides specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Their expert teams offer one off and ongoing bereavement support and also provide online resources, specialist publications and training for professionals.

www.thegoodgrieftrust.org The Good Grief Trust is run by the bereaved for the bereaved. It offers support and advice, as well as further information regarding where to find support.

www.thenbs.org/ The National Bereavement Service provides free practical and emotional assistance after a death.