

# Care and Support Factsheet

## Dealing with Bereavement

### There are said to be 5 stages of grief:

- Denial – Shock, numbness, cannot believe it, feels unreal, empty. Can't cope with routine tasks
- Guilt – I should've done...., I wish I had not done...., Irritable, critical of previous actions
- Anger – Why has this happened to me? It's not fair. Feel hurt, unhappy and restless
- Sadness – You will likely feel low and/or depressed. Fear that you are losing control. Feel despair that nothing will be the same. May lose sense of identity and self-worth.
- Acceptance – It can take at least 2 years to make the adjustment in some cases can be longer. Life will not be the same, things will be different but that doesn't mean there can't be 'good' days. However, you will likely still have down days.

These are all normal stages of grief. It's okay to feel this way and it can help to talk to family and friends.

### Places to get help with grief are:

- Your doctor
- Bereavement counselling – use the Counselling Directory to find a service near you: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)
- Charities such as Macmillian, Age UK or Cruse Bereavement Care
- Your Funeral Director may know of local organisations who can support you.

### Organisations who can support you:

#### Cruse Bereavement

- Cruse Bereavement Chesterfield – Tel: [01246 550080](tel:01246550080)
- Cruse Bereavement Derby – Tel: [01332 332098](tel:01332332098)
- Cruse Bereavement Care (National) – Tel: [0808 808 1677](tel:08088081677)  
email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) web: [www.cruse.org.uk](http://www.cruse.org.uk)

#### National Association of Widows

A national charity offering support and friendship to widows and women who have lost their partners through bereavement.

Tel: [0845 838 2261](tel:08458382261) email: [info@nawidows.org.uk](mailto:info@nawidows.org.uk) web: [www.nawidows.org.uk](http://www.nawidows.org.uk)

#### Derwent Rural Counselling:

Counselling for people in North Derbyshire Dales and Hope Valley area. Clients are asked to make a small donation towards covering their counselling fee.

Tel: [0800 047 6861](tel:08000476861) web: [www.dracs.org.uk](http://www.dracs.org.uk)

**War Widows Association of Great Britain:** Tel: 0845 2412 189

web: [www.warwidows.org.uk](http://www.warwidows.org.uk) email: [info@warwidows.org.uk](mailto:info@warwidows.org.uk)

**Bereavement Advice Centre:**

Offers a free helpline and web based information service with practical advice on the many issues and procedures that face people after the death of someone close.

Tel: 0800 634 9494 web: [www.bereavementadvice.org](http://www.bereavementadvice.org)

**Child Bereavement Charity:**

Support for when a baby or child dies or a child is bereaved.

Tel: 0800 02 888 40 email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org) web: [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Way Foundation:**

Support for people widowed aged 51 or below.

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

**RoadPeace:**

Road Peace is UK specialist charity supporting road traffic victims and their families. They provide practical and emotional support and information.

Tel: 0845 45 00 355 email: [info@roadpeace.org](mailto:info@roadpeace.org) web: [www.roadpeace.org](http://www.roadpeace.org)

**Probate and Inheritance Tax Helpline:** Tel: 0300 123 1072

**The Natural Death Centre:** Tel: 01962 712690 web: [www.naturaldeath.org.uk](http://www.naturaldeath.org.uk)

**Organisations to inform of a death:**

- Bank/building society
- DVLA – return licence, cancel vehicle tax
- Insurance companies
- Benefits agency/ DWP
- Council Tax office
- Dentist
- Credit Card companies
- Library
- Pension provider
- Creditors and debtors
- Breakdown services (AA, RAC)
- Employer
- Clubs/social groups
- Adult Care
- NHS out-patient clinics
- TV Licence
- Utilities – gas, electric, water
- Relatives and friends who aren't particularly close
- Premium Bond office
- Landlord / mortgage provider
- Hire purchase / loan companies
- Mobility car / blue badge

The GOV.UK website has a full guide about what you need to do after a death:

[www.gov.uk/after-a-death](http://www.gov.uk/after-a-death)