

Wellbeing in the workplace,  
thriving business.

Bereavement  
and grief

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Grief affects us all in different ways. Your relationship with a person who has died makes how you feel about the loss unique – and you will react in a different way depending on your context, beliefs, cultural perspective on death, and the circumstances of the death itself.

It is a process that is both emotionally and physically exhausting, so it is important to take care of yourself through this process, and find the support that you need from those around you. For more information about grief and to get some insight into the process access a resource from Cruse - Is this normal? What is a normal way to grieve? ([cruse.org.uk](http://cruse.org.uk))



In the initial period after a bereavement there can be many demands placed upon you – don't feel reluctant to ask those around you for help – whether friends and family, or colleagues and managers at work, as many will want to support you at this difficult time.



If you feel you want to talk to someone about how you are feeling that is not directly affected by the loss themselves, then the Greater Manchester Bereavement Service is available for you.

([greater-manchester-bereavement-service.org.uk](http://greater-manchester-bereavement-service.org.uk))

The service provides a listening ear and can connect you with wider support services, depending on what you need. It can also provide advice to family and friends or professionals wishing to support a bereaved person known to them.

Contact: 0161 983 0902

[salccg.gm.bs@nhs.net](mailto:salccg.gm.bs@nhs.net)

Monday-Friday 9am-5pm (excl. Bank Holidays)



# Supporting in bereavement

Through life you'll meet many people who have experienced bereavement, and it is important that you show compassion and kindness at a really difficult time in their lives, whether you know them on a personal or professional basis.

Do not worry too much about saying exactly the right thing. Your good intentions will come across, and it is more important that you say something to connect with the person you are supporting, rather than nothing at all. You can find more advice on what to say [here](#).



When you are supporting someone who is grieving, it's important to remember that your role is not to fix things - just being with someone through their experience can be an enormous help. There is no time limit on grief, and it can be heart-breaking for a bereaved person when people stop mentioning the person who died. Saying the name of the person they have lost can bring great comfort and show they are still remembered. Bereaved people can be greatly affected by their loss when significant dates and anniversaries arise in the months and years ahead. Continue to acknowledge their loss at these times and make them aware of the support you and others can offer.

Remember, it can be very emotional to support someone when they are grieving. Look after yourself so you are in the best position to offer them the support they may need.

# Losing someone to suicide

Losing someone to suicide can be extremely painful and emotionally complex. The grieving process is often complicated and typically lasts longer than other types of bereavement but there is support available and there is a role for everyone to play in helping those affected.

There are a number of Suicide Bereavement Peer Support groups running in Greater Manchester, so those affected can speak to and gain support from others with similar experiences:

Both the Greater Manchester Bereavement Service and Shining a Light On Suicide offers support and information, including Suicide Bereavement Practitioners who can support those affected in the days, months and years after the loss of a loved one.

[www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

The Support After Suicide partnership also provides guidance for those who have lost a child, sibling or friend to suicide.

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

Survivors of Bereavement by Suicide - [uksobs.org](http://uksobs.org)

Speak Their Name Suicide Bereavement Group

Finally, if you or someone you know has been witness to a death by suicide there is support available from First Hand, as well as trauma support from the Greater Manchester Resilience Hub -

[www.penninecare.nhs.uk/mcrhub](http://www.penninecare.nhs.uk/mcrhub)

[www.supportaftersuicide.org.uk/resource/first-hand](http://www.supportaftersuicide.org.uk/resource/first-hand)

