



# Bereavement

## Same day appointments

Monday to Friday

Access through **iPoint**

## Workshops and support groups

See website for details

[hud.ac.uk/wellbeing-disability-services](http://hud.ac.uk/wellbeing-disability-services)

Bereavement is a uniquely personal event but there are a range of common experiences that people go through following the death of someone they care for.

Grief is a normal reaction and there is no right or wrong way to feel or express it.

This booklet is designed to give you some background information on bereavement and where to find support.



Wellbeing and Disability Services  
Level 4  
Student Central  
Email. [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)  
Tel. 01484 471001

## What is grief?

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A normal reaction to loss - of a loved one, a pet, moving house or school, leaving home, a job, health etc.

Just as a physical injury hurts and takes time to heal, so does a significant loss. Grief and mourning is the healing process that you need to go through to return to your normal lifestyle.

## What does it feel like?

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**You may feel:** shock, numb, disbelief, guilt, self-reproach, anger, loneliness, helplessness, tiredness, fatigue, deep sadness, anxiety, relief, yearning, confusion.

You could feel some or all of these emotions at different times with differing intensity as you work through your grief. Some come and go while others feel as though they will never go.

Anger is a feeling that often surprises people. You may feel anger at the loved one for leaving, anger at the cause of separation, anger at the world for being senseless, anger at yourself for not having done more.

Grief can be frightening and you might feel out of control, or that you are going mad. You are not. If you allow yourself to face your feelings you will get through it.

## How long will it take?

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The process depends on many things: how significant the loss was to you, how it happened, and the state of your relationship at the time.

Even if you can allow yourself to go through the grieving/healing process, it can last months or even years. Some days will be better than others and birthdays, anniversaries and holidays may feel particularly difficult at first.

## Help yourself

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- Talk to trusted friends. Allow them to offer support.
- Let your course tutors know. It might save misunderstandings if your course work suffers.
- Express your feelings - it's ok to cry.
- Don't cut yourself off from your social life entirely even if it is a big effort.
- Keep healthy - eat well, take regular exercise, get plenty of rest.

## Where can I find help?

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If you have family and friends, talking to them about the person who has died can be very helpful.

Not everyone has this support network however and sometimes it is difficult to talk to those who are close to you for fear of upsetting them too. If you prefer to talk to someone independent you can contact the following:

## Other Useful Contacts:

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### Counselling Service

**Tel.** 01484 471001

**Email.** [counselling@hud.ac.uk](mailto:counselling@hud.ac.uk)

### The Faith Centre chaplains

**Tel.** 01484 472090

**Email.** [faithcentre@hud.ac.uk](mailto:faithcentre@hud.ac.uk)

### Bereavement Group

**Email.** [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)

