



Coping with grief

You are receiving this sheet because someone close to you has died. We are very sorry for your loss. This sheet gives some simple information about grief and where to find support in the days and weeks ahead.

What is it?

Grief is the natural response to losing someone you love. It can bring sadness, shock, anger, guilt, numbness, or even relief. You may have trouble sleeping, eating or thinking clearly. These feelings often come in waves and can return on special dates. There is no right way or set time to grieve. For most people, the pain slowly becomes easier to carry.

Looking after yourself at home

- Try to eat regular small meals, drink water and rest, even if you do not feel like it.
- Let family and friends help you with daily tasks. Accept offers of support.
- Talk about the person and your feelings with someone you trust, when you are ready.
- Avoid using alcohol, drugs or sleeping pills to cope.
- Keep simple routines, and take short walks or time outdoors.
- Put off big decisions, such as moving house, for a while if you can.

Follow-up

- See your family doctor or health centre if you cannot sleep, eat or manage daily life after a few weeks.
- Ask your doctor about grief counselling or support groups.
- Faith or community leaders can also be a source of comfort and support.

Come back to the emergency department or call an ambulance straight away if:

- You have thoughts of ending your life or harming yourself
- You feel you might harm someone else
- You have not eaten or drunk anything for more than a day
- You have chest pain, severe breathlessness, or you faint
- You see or hear things others do not, or feel out of touch with what is real



Scan to read this sheet on your phone

This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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