

BEREAVEMENT SUPPORT SERVICE

Professional support from
bereavement practitioners and
therapists



Helping over 50s in
Northumberland live
their best life

Coping with bereavement

Our Bereavement Support service can provide assistance with:

- **Structured counselling via telephone, face-to-face, or video from a range of different therapeutic styles.**
- **Self help information**
- **Emotional support groups**
- **Mindfulness sessions**
- **Practical advice and signposting**

If you are struggling with the loss of a loved one, reaching out for support may help you to make sense of how you feel.

Grief is a natural response to loss. Your thoughts and feelings can sometimes get to a stage where it feels unmanageable. You don't need to feel alone, we are here to help.



Understanding Grief

Whilst grieving is very much an individual response to loss, you may experience some commonly reported emotions such as:

- Sadness
- Guilt
- Relief
- Numb or disconnected

People can also experience physical symptoms such as:

- Sleep disturbance
- Nausea
- Changes in appetite
- Headaches
- Muscle tension

If you begin to feel concerned about the impact of any symptoms you have been experiencing you may find it helpful to speak to your GP.

Our bereavement team will listen to your concerns without judgement. We can help you to make an informed decision about what kind of support you would like to receive.



You may want to try some of these self-help tips

- Share how you feel with a friend or family member
- Try not to do everything at once, set small targets
- Allow yourself time to process your loss
- Engage in some gentle exercise
- Limit alcohol intake

Practical support - we're here to help with...

- Things to consider when arranging a funeral.
- Financial planning and household management – everyday financial planning and signposting where appropriate to professional financial services.
- Finding required local services such as handy man / house clearance.
- Access eligible benefits

Is there a cost?

No, we offer 12 free sessions to people over 50 living in Northumberland through our Charitable services.

Where are we based?

Age UK Northumberland is based at The Round House, Lintonville Parkway, Ashington, NE63 9JZ.

However, we serve all of Northumberland.

What next?

If you would like to know more about the support available, please get in touch with our Bereavement Team by email at bereavementsupport@ageuk-northumberland.org.uk or

call us on [01670 784 836](tel:01670784836)

