



Healthy Minds Better Lives

National Grief Awareness Week

December 2nd - 8th

National Grief Awareness Week is an initiative aimed at raising awareness about grief and its impact on individuals and communities. It highlights the importance of understanding grief, the various forms it can take, and the need for support during difficult times.

Source: mind.org.uk



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Things that may help if you're grieving.

Take each day at a time:

There might be good days and bad days.

Try to focus on each day at a time and set yourself small, achievable goals.

Develop coping strategies that work for you:

Self-help resources can help you to work through difficult feelings and learn coping skills.

Say what you need:

It's okay to say what you do and don't want from people you're close to when you are grieving





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Just because I smile or laugh
sometimes, it doesn't mean
I'm not grieving



Source; mind.co.uk



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SAY THEIR NAME, I'M THINKING ABOUT THEM ANYWAY

We are often afraid to mention the person's name who has died.

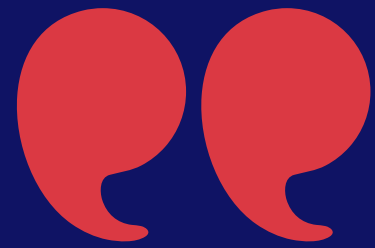
We think we will upset our friend or family member,
but it is generally the opposite.

By saying their name, remembering them and talking about them,
you are helping to share your love and affection for that person.

**This is very important and will help those grieving to know that
you will help to keep their memory**



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Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love.

The only cure for grief is to grieve.



Earl Grollman (1925-2021)



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Bereavement Support and Helplines

Pembrokeshire Mind - 01437 769 982

All Pembrokeshire Cruse Bereavement Care - 0800 288 4700

Marie Curie's Bereavement Support Service - 0800 090 2309

The Samaritans - 116 123

ChildLine - 0800 1111

Child Bereavement UK - 0800 028 8840

The Good Grief Trust - hello@thegoodgrieftrust.org

Age Cymru - 0300 303 44 98 (Mon to Fri 9am-4pm)

The National Bereavement Service - <https://thenbs.org>

National Bereavement Alliance - <https://nationalbereavementalliance.org.uk>

