



Bereavement

Bereavement Guidance Notes for Health Professionals

Sooner or later most people will experience the pain of losing a loved one. Grieving is not just one feeling but a whole succession of feelings. These feelings may take a while to work through and should not be hurried. Talking about it with friends or carers may help and is an important part of coming to terms with the loss.

If someone is unable to resolve their grief, support will be available from:

- The Mustard Tree Macmillan Centre
Derriford Hospital
Plymouth
Tel: 01752 763672
- Cruse Bereavement Care
Tel: 01752 408134
- The Samaritans
Tel: 01752 221666

The 'Someone Has Died' pack is available to borrow from the Mustard Tree Macmillan Centre.

This pack is intended to act as a visual support when communicating about bereavement and loss.