

The Loss of a Loved One

Advice for looking after both yourself and others

The loss of a relative or close friend is one of the hardest challenges many people face during their life. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

You may well be coping with your own grief and also that of a parent or other close relative or friend. Here, we give advice for looking after both yourself and others.

- **Try to look after yourself:** loss of appetite is normal, but try to eat even if you don't feel like it.
- **Try to keep to some kind of routine:** it can help to have some structure to your day, even if you don't have to go out to work.
- **Try not to be anxious about how you are feeling:** there's no set way that you 'should' be feeling, so try to go with the flow and accept your emotional response.
- **Try not to be upset or offended:** sometimes people who mean well, might say or do the wrong thing.

- **Don't be embarrassed to ask for help:** everyday tasks will be difficult at first. Don't be afraid to ask for help, close friends and family will want to support you but might not know how.
- **It's OK to laugh:** losing a loved one will generate a lot of mixed emotions and memories. Don't feel that they all have to be sad. It can be really comforting to share happy and funny memories of the person who died, even if you then share some tears as well.
- **Remember that everyone grieves differently and at a different pace:** try not to be upset if another family member doesn't seem to be as distressed as you.
- **Only do things when you feel ready:** some things must be done within legal timeframes, but other things can wait until you are ready.
- **Keep talking to your loved one:** Many people have conversations in their head with the person who has died. This can be a comfort when faced with making big decisions in the future.



Police Mutual
We look after our own



GETTING HELP:

NHS

www.nhs.uk
www.wales.nhs.uk
www.nhsinform.scot

AGE UK

www.ageuk.org.uk
www.ageuk.org.uk/cymru
www.ageuk.org.uk/scotland
<https://www.ageuk.org.uk/northern-ireland/>

CITIZENS ADVICE

www.citizensadvice.org.uk
www.cas.org.uk/
www.communityni.org/organisation/citizens-advice-northern-ireland

GOV UK

www.gov.uk
www.gov.wales
www.gov.scot
www.nidirect.gov.uk

www.mind.org.uk

www.mentalhealth.org.uk

www.marmaladetrust.org

Samaritans

Cruse Bereavement Care

Your GP

Police Mutual Products and Services

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties. They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.

If you don't want to talk on the phone, it is also possible to use their online chat service.

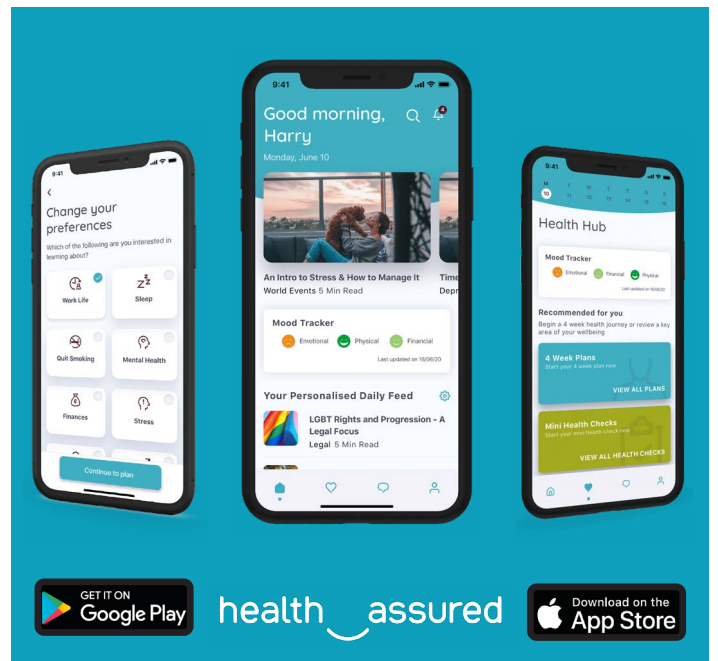
Health & Wellbeing

Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual Password: careline



Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

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