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The loss of a relative or close friend is one of the hardest challenges many people face during their life.

## Signs and symptoms of grief

There is not a correct way to feel when you are grieving.

Bereavement, grief and loss will cause different symptoms and they affect people in different ways. Some of the most common symptoms include:

- Shock and numbness
- Overwhelming sadness
- Tiredness or exhaustion
- Anger – towards the person you've lost or the reason for your loss
- Guilt – this could be due to many things, including not being with the person when they died, not saying something to them, or not being able to stop your loved one dying.

These feelings may not be there all the time and powerful feelings may appear unexpectedly. For more details click [here](#).



## What to do when someone dies

Working out what to do first when someone dies can seem overwhelming. Besides letting family and friends know, there are several organisations you need to notify when a person has passed away. As well as arranging the funeral and dealing with the financial affairs of someone who has died.

[Gov.uk](#) - What do I need to do if someone close to me dies?

[Money Savings Expert](#) - What to do when someone dies

[Money Helper](#) - What to do when someone dies

[Citizens Advice](#) - What to do after a death

## Looking after yourself following a bereavement

**Take care of your wellbeing:** make sure you get enough sleep, eat regular meals, rest and relax.

**Be clear on expectations:** make sure you know what is expected of you and whether it is realistic.

**Exercise:** taking exercise, e.g. walking, yoga and gardening can help you relax and increase your wellbeing.

**Talk to others:** make time to talk to your family or friends about how you're feeling, or if you would find it easier contact **Cruse** 0808 808 1677.



Explain to family and friends what they can do to help, don't be afraid to ask for practical support.

Try to keep to a regular routine of getting up and dressed and eating meals at the usual time, whether you are on your own or part of a family group. The structure will help, even if only a little.

You may find you have days when you have more energy and the grief isn't as consuming - this is normal. Some people can feel guilty when this happens, but there is no need. It is all a normal part of grieving. Equally if you are really struggling that is also normal. Please don't feel guilty or angry with yourself.



## What to say when someone is grieving

It is normal to feel worried about saying the wrong thing to the bereaved, but it is more important that you say something rather than finding the perfect words. You may find the tips below useful:

- It is important to acknowledge their loss and offer your condolences, saying how sorry you are that their friend or family member has died.
- The bereaved may want to talk about the person and tell you stories, they may cry through these

stories. You may find this really hard to hear but just being there and listening can be a great comfort. You can't fix their pain but you can listen.

- Don't be afraid to ask more about the person who has died. Allowing the bereaved person to talk and share their feelings with you can make a real difference
- Ask if there is anything practical that you can do to help at that time.
- You could also signpost the bereaved to services such as Cruse for them to access support.

Everyone responds to death differently there is no right or wrong way to respond.

If you have experienced the loss of a loved one you may need to access professional support. Similarly if you are supporting someone who has been bereaved you may need support for yourself.

You can access support from the services below.

## Where to get help:

### NHS

#### Cruse Bereavement Care

Dealing with Bereavement and Grief. Call the free helpline on **0808 808 1677** or email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

## Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help.

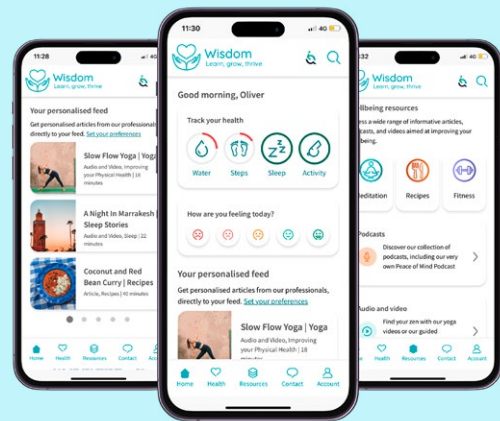
We've teamed up with [PayPlan](#)\*, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

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**.

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

## Wisdom App



Download the [Health Assured App](#) and register today - your code is **MHA107477**



To read more of our wellbeing guides take a look at the wellbeing pages on the NARPO website.

Visit [policemutual.co.uk](http://policemutual.co.uk)



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