

lost?

If you want to talk to someone:

Woodside Bereavement Service
Waterside Centre, 26 Avenue Road, London SE25 4DX

Tel: 0203 256 2009 | Email: wbs@thelisteningear.org.uk
Web: www.thelisteningear.org.uk

Registered Charity 1041666

If you need to talk to someone...

- Are you feeling down, grieving the loss of someone you cared for?
- Are you wondering if these feelings and your reactions are normal?
- Are you feeling out of control or is everything just passing you by?
- Do you wish you could make sense of it all but feel it's just all too much?

It's O.k! It's normal! You are not going mad! Grief is the natural but bewildering result of losing someone. There is no right or wrong way to grieve. Everyone's experience is different because we are all unique. Grief may come and go.

At times you may feel:

Angry.
Guilty.
Lonely.

change typefaces
calibri
have heart one

Signposts along the way

Give yourself time
grief may take longer than you think.

Give yourself space
once in a while you will need to take a break. Grieving is hard work.

Try to remember, try not to forget
good memories should be treasured.

It's O.K. to ask why
but you may not always get an answer.

Ask for and accept help
talking can help put things into perspective.

Don't get caught in the 'if only' trap
learn what is really important and keep that safe.

Loss is inevitable but recovery is a choice -
take responsibility for your own happiness.