

Bereavement Support Information



Est.
1841

**YORK
ST JOHN
UNIVERSITY**

Est.
2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

E: ysjcc@yorks.ac.uk | T: 01904 876072 | www.yorks.ac.uk/ysjcc

Support

We're sorry that you have been bereaved. Sadly, grief is the price we pay for loving someone deeply.

Your grief is most likely to be normal natural and healthy. The best advice we can give you is to follow your instinct and grieve in ways that feel right for you.

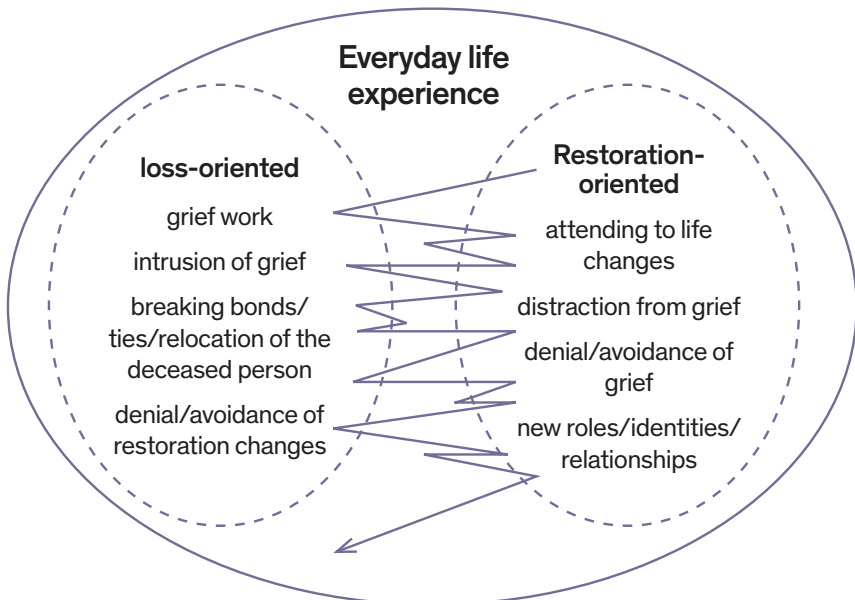
Most people manage their grief with the help of friends and family, but some need the support of others who can understand and may have been bereaved themselves. That is why we have set up our bereavement cafes. A few people need a little more than that, and if, after a few months, it isn't getting any easier, we can support you in a group or with one-to-one support with somebody trained in that work.

An even smaller number of people find that it gets no easier after many months or even years. We have skilled trainee and qualified counsellors here that may be able to help with bereavement counselling.

However you are grieving, the first weeks and months can be difficult to cope with. Grief comes in waves. One minute you feel it's getting easier, then out of the blue, you feel you're going backwards.

Coping with Bereavement

Below is The Dual Process Model of Grief, and a lot of people find that this way of coping works for them. It was devised in 1999 by two psychologists working in the Netherlands. Since then, it has helped tens of thousands of people.



The Dual Process Model of Coping with Bereavement. Stroebe and Schut (1999)

Sometimes you may need to take time out from your grief, and distract yourself by getting on with other things, like a hobby, reading, watching telly, listening to music, shopping, or working. At other times it can help to cry, think about what has happened, and even talk to your lost loved one. People who cope best can move between the two sides of the diagram. You may need to spend more time on one side, and that's fine, providing you visit both sides. It doesn't help to get stuck on one side all the time.

Sources of Advice

Be careful with what you Google. There is a lot of unhelpful advice online, including pages about the stages of grief. You are unlikely to be grieving in that tidy way, and it can leave you feel that you are 'doing it wrong'. Try to avoid books which tell you how to grieve, or books written by people who feel that they have overcome their grief and want to help you do the same. Their grief is not your grief.

Below are some useful resources:

The Plain Guide to Grief

Book by Dr. John Wilson

Sue Ryder

www.sueryder.org/how-we-can-help/bereavement-information

The Good Grief Trust

www.thegoodgrieftrust.org

Cruse Bereavement Support

www.cruse.org.uk

More resources around bereavement can be found in our signposting leaflet and on our website.



Questions We Are Frequently Asked

What if I had a difficult relationship with the person who has died?

That can cause you a lot of confusion and mixed emotions. It can help to talk to one of our experienced bereavement counsellors, and one-to-one counselling could help.

What if the person took their own life?

We have professionals who are experienced in working with bereavement by suicide. We will listen to your thoughts and feelings, without judging you, and help you understand what you are experiencing.

What if the death was violent and sudden?

You may be traumatised as well as grieving. We have counsellors trained in working with fatal incidents.

How much counselling will I need?

There is no way of telling for definite although after talking to you, we may be able to give you some idea. Around half of bereaved people don't need any counselling. Some people only need one or two sessions, a few need a lot longer.

Can you promise you will help me?

There are no guarantees in bereavement counselling, but we help most people, from a little to a lot. Bereavement counselling isn't about 'curing' or 'healing' you. It's not about 'recovering'. You will always grieve for someone you will always love, but we can help to make that grief a normal part of your life.

Supporting the Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and café's, student suicide support group, and drop-ins such as the weekly breastfeeding group. As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.



[f /ysj_communities_centre](#) | [X /ysj_cc](#) | [@ /ysj_communities_centre](#)

Est.
1841

YORK
ST JOHN
UNIVERSITY

York St John Communities Centre
32-34 Clarence Street
York, YO31 7EW
www.yorks.ac.uk/ysjcc