



Grieving, isolation, and loneliness

Grief is a natural response to the death of someone significant to you. We all grieve differently depending on our faith, culture, gender, our own personal belief systems, and our life experiences. You may find it helpful to know that grieving and mourning can be unpredictable, surprising, frightening or even comforting. We all feel different things and at different times. No two people grieve the same and this is normal. For most of us we learn to live with our loss and grief, and this takes time to find a new way of being.

Grieving can feel lonely even with the support of caring family, friends, or colleagues. Having the opportunities to be alongside those we are close to as they die, can still leave us feeling lost and in pain.

It is important to remember your grief is significant. All your feelings, emotions and experiences of grief are always valid and real. Our Bereavement Support Team understands you may be feeling lonely and isolated. Staying connected and being less isolated whilst living with a loss is challenging. Be reassured there are ways you can offer or receive support.

- Keep connected to friends, family, and neighbours for your emotional wellbeing and to talk about the person that has died and how you are feeling.
- To receive a card or letter can be comforting and fun too. You might want to write letters and cards to people you care about.
- Use technology. There are many ways to connect with others if you are grieving. Here are just a few ideas: phone calls, text, WhatsApp, Zoom, Skype.

There are many organisations who offer excellent advice on how to use these technologies and who offer help with isolation and loneliness.

Here are just a few:

Age UK <https://ageuk.org.uk>

Cruse Bereavement Care <https://www.cruse.org.uk> (helpline: 0808 808 1677)

Mind <https://mind.org.uk> (telephone: 0208 2152243)

Samaritans <https://www.samaritans.org> (telephone 116 123)

Way Up (online support group for the over 50s) <https://forum.way-up.co.uk>

Widowed and Young (support, understanding and friendship for those before their 51st birthday) <https://www.widowedandyoung.uk>