



A Guide for grief

What is grief?

Grief is a natural response to loss. It is the emotional pain you feel when someone you love and cherish is taken from you. Often this pain is overwhelming, you may experience many kinds of emotions, including shock, anger, guilt, denial, disbelief and extreme sadness. Coping with the loss of someone dear is one of life's biggest challenges.

The grieving process

This process is personal to everyone, there is no right or wrong way to grieve. The grieving process takes time, there is no timetable and it can't be forced or hurried. You need to be patient with yourself and allow the process to naturally unfold.

Taking care of yourself during grief

The stress of a loss can quickly deplete your energy and emotional reserves. In order to heal, you have to acknowledge your pain, avoidance will only prolong the grieving process.

Express your grief, if you are unable to talk to family or friends support is available at Davidson Funeral Services. Talking to someone outside of

your circle can be easier. If you don't wish to talk, write your thoughts and feelings down.

Find comfort in a routine, try and maintain the activities that brought you joy and happiness. Its ok to smile and laugh it doesn't mean you don't miss them.

Don't let others tell you how to grieve. Grief is a personal journey only you can navigate at your own pace.

Remember sleep and food is very important, your body is under pressure from the emotional stress it needs sleep and good nutrition to help recover. Eating small amounts often can help when you have no appetite.

Finding support for grief

The pain of losing someone precious may make you want to withdraw and retreat. Comfort can be found from just being around people who care. The key is not to isolate yourself, grief can be lonely, but there are support groups, grief counselors and online therapy available.



A small list of what is available locally;

Brake – support for people bereaved by road accidents

www.brake.org.uk 08088000401

Cruse Bereavement Care – range of services for children and adults

www.cruse.org.uk 028 87784004

Cancer Focus NI – counselling service for patients and family pre and post bereavement

www.cancerfocusni.org 028 90663281

Lifeline – counsellors available 24/7

www.lifelinehelpline.info 08088088000

Links Counselling Service – counselling service for Armagh and Lurgan areas

www.links counselling.com 028 38342825

Southern Area Hospice – counselling for those who loved one received hospice care

www.southernareahospiceservices.org 028 30287711

The Samaritans – emotional support 24/7

www.samaritans.org 028 38333555

Aching Arms – support for those that experienced loss of a baby, during pregnancy, at birth or soon after

www.achingarms.co.uk 07464508994

Child Death Helpline - affected by death of a child

www.childdeathhelpline.org.uk 0800 282986

SANDS – anyone affected by death of a baby

www.northernireland.sands.org.uk 028 38392509

