

When a bereavement happens you may find you need outside help.

Here are some useful telephone numbers that may assist:

Citizens Advice Bureau
01922 700600

Benefits Agency
01922 852000

Age Concern
01922 638825

Social Services
01922 650000

Samaritans
0845 7909090

Survivors of Bereavement
by Suicide (SOBS)
01922 724841 / 0844 561 6855

Relate
01922 626004

NHS Direct
0845 4647

Domestic Violence
01922 746767

The Bereavement Trust
0800 435 455 - General Helpline
0800 917 7416 - Asian Languages
offering telephone support between
6.00-10.00pm every evening

Walsall
Bereavement
Support
Service



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Bereavement
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You may telephone us on
01922 724841
A 24 hour answerphone service is available

or write to us at:

Market House
13 Lower Hall Lane
Walsall
WS1 1RL

Email:
admin@wbss.org.uk

Website:
www.wbss.org.uk

The service we offer is free, however all donations to help support our work are gratefully received and help enormously.

If you want information about how to make a donation, please ask for our 'How your donation can help' leaflet.



A Free
and
Confidential
Service

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When a bereavement happens...

You may feel very angry - with others, with yourself or even with the person who has died, about what has happened...

Tears - may be unceasing or you may find you cannot shed them at all.

You may feel afraid of being left alone. You may think you are going mad because of the intensity of your feelings and you may have strong fears about losing someone else. The death of an important person can make us have thoughts about our own mortality too.

REMEMBER - the experience of bereavement is unique to each of us and these feelings are quite normal.

It is quite possible to become overwhelmed with sadness and to keep longing for the happiness you had before the person died.

Temporarily, everyday tasks seem too much and you may be afraid or reluctant to talk to relatives and friends for a while because of the pain you are experiencing...

And feelings of guilt may be experienced too - thinking it was somehow your fault, that maybe you could have done something to help the dead person or that you failed to say or do something and that now your opportunity is lost. Feelings of relief are also common and although some people worry that this is wrong or abnormal, it's not.

When bereavement happens it is quite normal to experience some very powerful feelings.

Bereavement can have physical effects too...

Sometimes you may experience numbness, breathlessness, tiredness and dizziness. It is not unusual either to suffer from headaches, short losses of memory, muscular tension, stomach upsets or shakiness. You may feel exhausted for weeks or months afterwards, this can be normal, so do not be alarmed - but if you are concerned see your Doctor who may be able to help...

What we can offer you:

- 24 hour answerphone service
- Counselling, where appropriate
- Befriending
- A listening ear
- Total confidentiality
- Advice and information about other services if you need it.

Our volunteers are trained to understand bereavement issues and our service is free to all our clients.

The death of someone can be a very distressing and overwhelming experience at any age.

Children and young people are no exception to this and so we offer support across all age groups:

01922 645035



Take care of yourself...

Try not to bottle up your feelings

It can help if you talk about what has happened and about what is happening to you now.

Find time to be with family and friends

And do try to include children in your grief. This will help them to express their feelings too.

Be gentle with yourself

Have small, regular meals and take periods of rest as well as gentle exercise. Fresh air can help too.

Take care around the home

And also when driving - the severe stress brought on by a bereavement may make you more accident prone.

Be active

In time you may find it helps to join a group of people who have experienced something similar.

Be honest

With yourself and especially with children. Let them express how they feel in games and drawings. A lot of children welcome the idea of attending the funeral too, as this is an opportunity to say goodbye.

Don't

Expect too much too soon. It is quite normal to have good days and bad days.

And remember

We can probably advise you of what services and other voluntary agencies are available in your area too.