

**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**

Ablewell Advice Walsall  
**01922 639700**

Accord Age Matters  
**01922 638825**

Social Services  
**01922 650000**

Samaritans  
**116 123**

Survivors of Bereavement by Suicide  
**01922 724841 / 0844 561 6855**

Black Country Emotional Support Helpline  
**0808 802 2288**

Relate  
**0121 643 1638**

Domestic Violence  
**0300 111 7000**

The Bereavement Trust  
**0800 435 455** – General Helpline



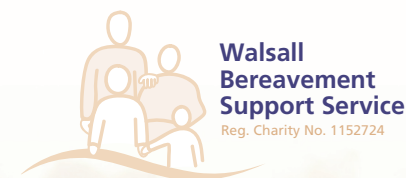
You may telephone us on  
**01922 724841**  
(24hr answerphone service)



**or write to us at:**  
Office Suite 2  
The Crossing at St Paul's  
Darwall Street  
Walsall, WS1 1DA  
Email: [admin@wbss.org.uk](mailto:admin@wbss.org.uk)  
Website: [www.wbss.org.uk](http://www.wbss.org.uk)

Walsall Bereavement Support Service (WBSS) is a local charity providing specialist bereavement support to bereaved Walsall residents of any age. We offer an adult bereavement support service 'Let's Talk' and a children/young people's bereavement service *THE SWING*.

Our support is free of charge to ensure that our services are accessible to all; however donations are gratefully received and help to ensure that we can continue to offer support to the bereaved.



*Let's Talk...*



Our helpline number is:  
**01922 724841**  
(24hr answerphone service)

## When you have been bereaved you may feel...

**Angry** with others, with yourself or even with the person who has died, about what has happened.

**Tearful** - you may cry constantly, or you may find you cannot shed any tears at all.

**Afraid** of being left alone. You may think 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.

**Overwhelmed** with sadness and to keep longing for the happiness you had before the person died.

**Guilty** thinking it was somehow your fault, that maybe you could have done something to help the person who has died or that you failed to say or do something and that now your opportunity is lost.

**Relief** - Feelings of relief are also common and although some people worry that this is wrong or abnormal, it isn't.

**Whilst the experience of bereavement is unique to each of us, the following symptoms of grief are common and a very normal part of the grieving process.**

- Poor sleep
- Loss of appetite /overeating
- Lack of concentration
- Loss of motivation
- Lack of patience and tolerance
- Feeling withdrawn and underconfident

## 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 GP who may be able to help.

We understand that when bereavement happens, you may find it very difficult to talk to family and friends about how you are feeling.

We offer you a safe and confidential space to explore your thoughts and feelings about your loss and help you to find ways to manage your grief.

Our volunteers are trained to understand bereavement issues and our service is free to all those who seek our support.

The death of someone special can be a very distressing and overwhelming experience. Children and young people are no exception to this. Therefore, if you are looking for support for your children too, call....**THE SWING on 01922 645035**



## Take care of yourself...

### Try not to bottle up your feelings

Bereavement can be a very isolating experience and you may find it helpful to talk about what has happened and about what is happening to you now.

### Find time to be with family and friends

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. Getting out of the house and into the fresh air whenever you can, may also help.

### Take care around the home

Take care around the home and when driving – the severe stress brought on by the bereavement may make you more accident prone.

### Be honest

With yourself and with children and young people. Give them opportunities to express how they are feeling through games, drawing and writing. Many children and young people welcome the idea of attending the funeral as this is their opportunity also to say goodbye.

### Don't

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

### Remember

As well as listening, we may also be able to advise you of other services, voluntary agencies and social groups which you may find useful too.