

Bereavement Support for different Language Speakers

Losing a loved one can be one of the hardest things you go through. You may experience lots of different emotions, be worried about others and how the future will turn out.

Everyone will experience **bereavement differently** and there is no **right or wrong way** to how we should feel. But it is important that you **take care of yourself** and know when to ask for help.

One of the most helpful things you can do is to talk about the person who has died. You may choose to talk to someone in your family, a friend, your faith leader, GP or one of the support organisations listed below. You do not have to deal with your grief alone, **there are people who can help you.**

In the months or years ahead, you may want Bereavement Counselling. **Support is available.**

Here are some things you can do to try and help yourself now:

- ❖ Talk about how you are feeling with a trusted friend or relative
- ❖ Keep connected to friends and family – send them a message or give them a call if you can't see them in person
- ❖ Allow yourself time to grieve
- ❖ Eat healthy food, go outside for fresh air and rest
- ❖ Avoid using alcohol or drugs to avoid how you are feeling as they often make you feel worse
- ❖ Take time to do something that brings you joy – reading a book or spending time with a pet
- ❖ Ask for help if you are finding it hard to cope; telling people what you need
- ❖ Accept that you are doing the best you can and take one day at a time
- ❖ Talk to others about the person who has died and share your memories of them
- ❖ Talk to others about the person who has died and share your memories of them

Practical things to consider:

You may be responsible for dealing with the practical issues in the days after the death and support is available.

Ask the organisations below for advice or ask the council who can arrange for an interpreter if required.

The NHS is still open for business. Please continue to seek medical advice, help or treatment for some serious conditions, a delay could be critical. **If you're not sure what to do, call your doctor's surgery, 111 or go to www.nhs.uk In an emergency, call 999.**

Organisations that can help you:



GREATER
MANCHESTER
BEREAVEMENT
SERVICE

- Greater Manchester Bereavement Service
0161 983 0902
www.Greater-Manchester-Bereavement-Service.org.uk
twitter: @GM_HSC



- Suicide Bereavement
07734 275707
www.shiningalightonsuicide.org.uk



- Yaran Northwest CIC – Farsi speakers
07413396573
info@yarannorthwest.com
twitter: @Yarannorthwest

Greater Manchester Bereavement Service can help find support for anyone in Greater Manchester that has been affected by a death. The service can find support for speakers of other languages, but you will need an English speaker to make the first call.