

# Health and Wellbeing

## Bereavement

Bereavement (otherwise known as grief) can affect us in many ways. It's difficult to know what to do when someone close to you dies. How do you cope and where do you go for support?

It may not be you who's dealing with grief but someone close to you, therefore understanding the support available is important. One source of support is Cruse Bereavement Care.

**Phone: 0844 477 9400 (Mon-Fri, 9am-5pm).**  
**Website: [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)**



### Activity

- Research the five stages of grief.
- What support is available to someone who is grieving?
- What could you do to support someone who is grieving?
- What policies should be implemented at work when someone loses a family member?



**Make some notes on your findings and prepare to discuss with your key contact**