

Grief, Loss & Tragic Events

Coping with loss is a personal and singular experience - nobody can help you go through it more quickly or understand exactly all the emotions that you're going through but friends or family members can be there for you and help comfort you through this process.

The best thing you can do is to allow yourself to feel the grief as it comes over you and to seek out support.

The stages of mourning and grief are universal and are experienced by people from all walks of life. Grief occurs in response to an individual's own terminal illness, the loss of a close relationship, or the death of a loved one or animal. Everybody grieves differently and there are different things that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss. If someone's reaction is different to yours it does not necessarily mean they care less.

The death of someone we love is likely to be one of the most distressing experiences we will ever face. When someone dies, a relationship is lost, a process of change begins, and we move towards a new and largely unknown situation.

Where can I find out more about support for grief and loss?

Cruse Bereavement Care

Service offering support, advice and information to children, young people and adults when someone dies.

Tel: (028) 9079 2419

Bereavement Support Network

Information and guidance for those who care for and support dying people and their loved ones around the time of and after death.

www.hscbereavementnetwork.hscni.net/bereavement-care/bereavement-support-organisations/

Rural Support

Provides a listening and signposting service for farmers and their families across Northern Ireland through its confidential helpline. Freephone Helpline 0800 138 1678 (Mon - Fri 9am to 9pm)

www.ruralsupport.org.uk

Health and Safety Executive NI

Provide information and advice to farm businesses in relation to farm safety and support where a farm accident has occurred.

www.hseni.gov.uk

Telephone: 0800 0320 121

There is a wide range of voluntary sector groups and organisations that offer support

and information on a range of specific problems – please refer to the appendix at the back of this resource for a full list of services in your local health trust area.

