



GRIEF CARDS

1

Grieving is natural and healthy, even though it can feel very painful at times.



**You can still miss someone and grieve
for them many years after they have
died.**



People who are grieving don't talk about how they feel because they don't want to stress others or be a burden.



When someone dies, you lose both that person and your friends, because people don't know what to say to you.



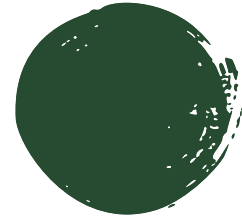
People used to talk about grief as having five stages: denial, anger, bargaining, depression, and acceptance. It is now seen as much more complicated and individual than that.



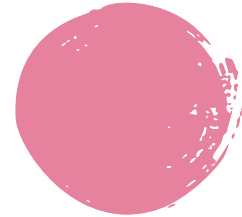
Talking about how you feel is one of the most important things you can do when someone you love has died.



There is a lack of support for bereaved people in the community.



A funeral or other type of memorial ceremony helps family and friends to accept the reality of their loss.



Grief does not come to a neat end. You just adjust to the loss.



Grief can affect all aspects of life: your mind, your body, your finances, the way you and others behave



GRIEF SUPPORT - some resources

11

'Her absence is like the sky, spread over everything'.

C.S. Lewis, A Grief Observed.

CRUSE bereavement support - <https://www.cruse.org.uk/>

Good Life, Good Death, Good Grief -
<https://www.goodlifedeathgrief.org.uk/>

The Compassionate Friends - <https://www.tcf.org.uk/>

MIND - <https://www.mind.org.uk/>

Sue Ryder's Grief Guide - <https://griefguide.sueryder.org/>

Widowed and Young - <https://www.widowedandyoung.org.uk/>

What can you do? - A few ideas

- Tell your story - talk about the person who has died
 - Listen to/read/watch other people's stories
- Make something to keep meaningful things in - a box, a picture frame, a set of drawers
 - Get out of the house
 - Fundraise in memory
 - Get support

This resource is available online at:
<https://www.patchatt.co.uk/beingmortal>



© PATCHATT Community Group 2025