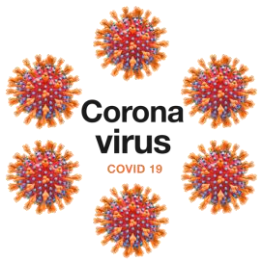


Information about coping with death



If you would like this information in a different way like Braille or large print or another language, please ring **0800 015 1548.**

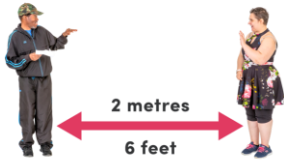




If someone has died

Coping with the death of a friend or someone in your family can be difficult.

Things that usually happen when someone dies might be different because of Coronavirus (COVID-19):



- You might not be able to see someone around the time of their death
- You might have to wait longer for the funeral to take place
- The service might be shorter
- Only a few people will be able to attend the funeral



How you feel

People feel lots of different things when someone dies. You might feel:

- Sad
- Shocked
- Angry
- Frightened
- Or you may not feel anything

Everyone is different

Whatever you feel is OK

The feelings you have when someone you care about dies is sometimes called grief or grieving.

It is important to look after yourself when you are grieving.





Looking after yourself

Keep in contact with people.

You may not be able to meet up with people because of Coronavirus (COVID-19).



However, you can stay in contact by phone, video call, messages, email or other social media.



It is important that you eat, drink and sleep.

Try to stick to your normal routines:

- Eat your meals at normal times
- Get up and go to bed at your normal time.



Try not to watch the news too much or look at stories on social media. They can make you feel sad.

Useful contact information

The person organising the funeral and registering the death will need to make an appointment by phone or on the website to register that someone has died.

Phone 01452 425060 Monday - Friday 8.30am - 4.30pm

Website <https://www.gloucestershire.gov.uk/births-marriages-deaths-and-civil-partnerships/>



The person who will work with you to arrange the funeral is called a Funeral Director, they will be able to tell you what will happen.

You can find out more...

National Association of Funeral Directors

www.nafd.org.uk/funeral-advice/

National Bereavement Alliance

www.nationalbereavementalliance.org.uk/covid-19/

Every Name is a Person www.onegloucestershire.net/enap



Cruse:

www.cruse.org.uk/get-help/coronavirus-dealing-bereavementand-grief

or contact 01242 252518 between 10am-12.30pm
or 0808 808 1677



Winston's Wish: www.winstonswish.org/coronavirus

Helpline: 08088 020 021



The National Bereavement service:

www.nationalbereavementalliance.org.uk

For questions/concerns of a religious or spiritual nature please contact your local faith representative/healthcare chaplain or contact,

GH NHS Trust Chaplains

0300 422 4286/6200



For further advice please contact:

Patient Advice and Liaison Service,
Gloucestershire Clinical Commissioning Group,
FREEPOST RRYY-KSGT-AGBR,
Sanger House,
5220 Valiant Court,
Gloucester Business Park,
GL3 4FE

Telephone: 01452 566698

Email: glccg.pals@nhs.net

