

HERE TO HEAR

Diversecity development trust



Here to Hear

Compassionate listening service for bereaved families

DIFFERENT TYPES OF GRIEF

Anticipatory- a sense of loss we feel expecting a death. This does not necessarily make the pain experienced any less painful or easier to come to terms with.

Normal- Grief is a normal feeling to experience after suffering a loss.

Complicated- your grieving process is much more intense and prolonged. It typically has a significant impact on your ability to function.

Absent- when you aren't showing any typical signs of grief. You may be acting as though you haven't experienced a loss. It can happen due to the loss being a shock or denial.

FACILITIES

Masked- can present physical symptoms or behaviours that tend to impair or hinder normal functioning in life.

Delayed- you experience stark feelings of sorrow and yearning even if your loss occurred a long time ago.

Secondary- when a loss affects several areas of your life. You may struggle when thinking of future experiences which they won't be there to share like weddings and graduations.

Disenfranchised- if your culture or society doesn't recognise your loss. For example there can be a stigma attached to a death that is a result of overdose or suicide.

COPING WITH GRIEF

Acknowledge your pain and face your feelings.

Try to focus on your immediate problems first.

Understand that your grieving process will be unique to you

Support yourself emotionally by taking care of yourself physically.

Try to maintain your hobbies and interests and express your feelings in a tangible or creative way.

Accept that grief can trigger many different and unexpected emotions. Try to learn your triggers and plan ahead for them.

HeretoHear is a Sheffield based, multi-faith, multi-lingual support line. This is for those struggling to come to terms with loss and grief.

You are not alone, we are here, to hear.

For more information call on:



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