



Bereavement Support

About this booklet



This booklet provides information about the Spiritual Care and Chaplaincy Bereavement Support Services available to patients, families, visitors, carers, staff and volunteers at NHS Golden Jubilee.

Bereavement Support

Bereavement can be an overwhelming and extremely painful experience.

Although grief is a normal response to the loss of a loved one, the strength and unpredictability of the feelings and emotions that accompany it can be bewildering and somewhat frightening.

Emotions people may experience during their grief journey:

Shock:

It may take a while to realise what has happened. Shock can make you feel numb. Some people may initially carry on like nothing has happened and then realise the person who has died is not coming back. Others can feel disorientated and find it difficult to adjust.

Anger:

It is common for bereaved people to feel angry. Whether we are angry with the person who has died or with ourselves, it is a completely natural emotion, typical of the grieving process.

Pain:

Following bereavement, feelings of pain and distress can overwhelm us and seem frightening.

Guilt:

Guilt is another common reaction. Guilt at feeling angry, or somehow, thinking we are directly or indirectly to blame for the person's death. Or guilt may be around a difficult or confusing relationship with the person who has died, or feeling you did not do enough to help them when they were alive.

Confusion and longing:

Some have said that they can hear or see the person who has died. This is a common experience and is because the brain is trying to process the death and acknowledge the finality of it.

Low mood and depression:

Those who are bereaved may experience feelings of depression following the death of someone close. And for some it may seem like life no longer holds any meaning.

How others react to our grieving:

Some people find it difficult to know what to say or are worried they may say the wrong thing. This can be difficult as we want to talk about it.

"I should be over it by now":

Sometimes other people and society's reaction to grief means that we do not give ourselves permission to get upset or talk about it to others. A common phrase is, "I should be over it by now". This can have an impact on our process of grieving.



Please remember that it can take many months, and often several years, to work through grief. Unfortunately, there is no quick fix. The experience is also different for each individual and there is no right or wrong way to grieve. We simply all do what we must do in our own way.

Who can access bereavement support?

At NHS Golden Jubilee, members of the Spiritual Care and Chaplaincy team offer a bereavement listening service for all.

What support is provided?

Your appointment will either be face-to-face in the hospital or online via Microsoft Teams depending on your location.

We offer up to 6 sessions of 1 to 1 support.

How can I make a referral?

You can self-refer using the contact details below or someone else can make the referral with your consent. You will need to provide the following information:

- your name and contact details;
- details of the bereavement; and
- if you are referring on behalf of someone else, we will need their consent before we make contact with them.

What happens next?

We will get in touch with you using your preferred method. This will be to assess your needs and set up an appointment for you.

Contacting us

If you would you like any further information or would like to make an appointment please contact us on 0141 951 5060.

If your call goes to voicemail, please leave your name, contact number and a short message and someone will call you back as soon as possible.

You can also contact us by email:

GJNH.SpiritualCare@gjnh.scot.nhs.uk

Further support

Remember, you can contact your GP if you feel that you are struggling with your grief.

The following organisations can also provide support:

Breathing Space Helpline:

0800 83 85 87

Monday to Thursday from 6pm to 2am

Friday to Monday from 6pm to 6am

More information and support is available on

www.breathingspace.scot

Cruse Bereavement Care helplines:

Scotland: 0808 802 6161

Rest of the UK: 0808 808 1677

Cruse Bereavement also provides a lot of resources for adults as well as children to support them in their grief.

Information is available on:

www.crusescotland.org.uk

www.cruse.org.uk

For support services, you may wish to check the website as phone numbers and times may vary over time.

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