

The Green Funeral Company

Emotional Support



IT'S OK IF YOU'RE NOT OK

Death is a subject that will affect all of us at some point but which is not often discussed.

As a nation, we have tendency to avoid talking with openness about death, even though it affects us all at some stage in our life, and will come to every one of us eventually.

Experiencing death, even one that has been expected, is a shock. And everyone responds differently to this. The grief process is not something that is linear, or has any rules. It can be messy, unpredictable, with so many different emotions.

It can be incredibly useful to talk to a counselor after the funeral. We recommend Nicky Bell. Her insight and wisdom and ability to hold people in crisis is beautiful. Her telephone number is 07859 832 860.

Another counselor is Davina Robertson. She writes about the experience of her 19 year old son dying suddenly, and how her whole life changed overnight. She has written a guide for bereaved parents called *After the Storm*, has a website with free resources and advice, and also offers therapy. This can be found here www.davinarobertson.me/therapy-with-davina

The Good Grief Trust also exists to help people with their grief. This charity states their mission is to support families grieving after the untimely death of a loved one, particularly the death of a child. They also aim to promote an understanding of what it means to grieve in a society that often has difficulty talking openly about death, dying and bereavement. Their website is here www.thegoodgriefproject.co.uk

For podcasts, literature, and on-line forums, psychotherapist Julia Samuel has a number of avenues to explore, including *Grief Works*, which is a compassionate guide that will support, inform and engage anyone who is grieving, from the 'expected' death of a parent to the sudden and unexpected death of a small child. It also provides clear advice for those seeking to comfort the bereaved. This can be found here www.juliasamuel.co.uk

Another podcast is called *Griefcast*, which examines the human experience of grief and death - but with comedians, so it's cheerier than it sounds. Each week, the presenter Cariad talks to a different guest about their experiences of grief. Together they share their views on the pain, loss and the weirdness that happens when someone dies. Past guests have included Adam Buxton, Aisling Bea, Susan Wokoma, Robert Webb and David Baddiel. This can be found via your preferred App.

Cruse Bereavement Care supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people. They have the following ways to make contact: Helpline: 0844 477 9400, Email: helpline@cruse.org.uk Website: www.cruse.org.uk

Closer to home, with headquarters in Exeter, but also Plympton, South Devon (Totnes) and North Devon, Pete's dragons help those who have been effected by suicide. Their website is: www.petesdragons.org.uk

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