

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Coping Grief:

Losing someone or something we love can be hard. It might be a family member, friend, teacher, a relationship, or a pet. Who/whatever it is, it's important to know that it's a **process** that takes time to navigate and can come with a range of emotions.

How might I feel?

You might feel:

- Shocked
- Angry
- Sad and depressed
- Guilty
- Lost or abandoned
- Numb (feeling nothing)

These are all **normal reactions**, and it's important to know that **there is no right or wrong way to feel**.... we all deal with things in our own way.

How can I help myself through my grief?

There is no guidebook when it comes to coping, but some people might find the following ideas helpful:

- Keeping a journal of your emotions, writing poems or writing a letter to the one that you've lost
- Painting, drawing or expressing your emotions through art
- Keeping active or being outside in nature
- Creating a memory box of their favourite things, lighting a candle, holding a memorial service
- Sharing your feelings with others, such as your Eye to Eye counsellor
- Self-care- making sure you are eating and sleeping well, and being gentle with yourself

Getting support for grief?

If you feel as though your grief is making you struggle with the following it is important that you seek help and find the right support. This could include speaking with your GP or accessing our counselling service.

- Sleep and eating problem that don't seem to be improving over time
- Anger and guilt that you are finding hard to manage
- Unhealthy coping mechanisms such as alcohol and drug use.
- Experience suicidal thoughts



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

Winston's Wish
08088 020 021
Email: ask@winstonswish.org
www.winstonswish.org
(online chat available)

Cruse Bereavement
0808 808 1677
www.cruse.org.uk
(Contact form can be completed via website)

Helpful Resources

[Young Minds: Grief and Loss](#)

[The good grief: For young people](#)

[Hope Again: Young people living after loss](#)

[Health for Teens: Bereavement and Grief](#)



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