

5 Things to Help Talk About...

...Bereavement & Grief



Short Read: The Experience of Grief [National Bereavement Service]

<https://www.thenbs.org/dealing-with-feelings>

This page gives a short overview of the nature of grief through bereavement and signposts to an array of grief and bereavement support organisations.



Long Read: Grief Works [Julia Samuel]

<https://juliasamuel.co.uk/books/grief-works>

A book written for those experiencing grief through bereavement. Divided into sections based on the nature of the relationship (parents, partner and so on), each one contains a number of case studies followed by the author's commentary.



Listen: Griefcast

<https://play.acast.com/s/griefcast>

A podcast dedicated solely to discussing grief. But with comedians. Given that humour is so subjective, it's worth scrolling through all the episodes and picking one featuring someone you like but in truth, you could pick at random and are likely to get value from the real-life stories and experiences they are sharing.



Watch: Grief: It's not something you have to "get over" [BBC Stories]

<https://www.youtube.com/watch?v=X55TJRj9HUK>

An excellent, short (8 mins 36 sec) docu-film with the presenter interviewing a number of people about their experience of bereavement and grief.



Organisation: Cruse Bereavement UK

<https://www.cruse.org.uk/>

A charity set up to support bereaved people; the Cruse website contains a wealth of information, booklets and links offering support and guidance.