

National Grief Awareness Week

2-8 December 2021



National Grief Awareness Week is an initiative which aims to raise awareness of all aspects of grief and loss on a national scale.

When families are hit with the loss of a loved one, they often find themselves feeling isolated and alone. The Covid19 crisis has only compounded this problem for many people in our community who have experienced grief this year; sharing your story can help ease that isolation as well as providing an opportunity to process what happened during such trying times together so no one has to face grief alone.

The aim of NGAW is :

- To offer access to a choice of tailored bereavement support for all those grieving in the UK and anyone working closely with them.
- To ensure immediate, easy access on your local community level across the country so that nobody has any trouble getting what they need when it matters most
- To raise awareness of smaller front-line organisations in the UK, and to give them a national platform to reach those in need in their local area.
- To help the public to better understand how to support those grieving the loss of someone they love and to open up conversations and normalise grief.

How to get involved in National grief Awareness Week.

You can find out more about the work of the [Good Grief Trust](#) and get involved and find out what will be taking place throughout the week by following the hashtag [#NGAW21](#)

Grief Supports

GRIEFCHAT

Most people expect to be very upset or distressed when someone close to them has died. What takes many people by surprise is how strong the emotions can be, how they can change very quickly, and how long they last. People around you may seem to think you should be 'back to normal' after a few weeks or months. You might appear to be your usual self to other people, but you know that on the inside, you're not even sure what normal is anymore.

Everyone grieves in a way that is unique to them and their relationship with the person who has died. Well-intentioned people may say to you, 'Time is a great healer.' Sometimes, however, it can seem that life is more difficult as the weeks and months go by.

We know that no-one can understand exactly what your loss feels like to you. But we do understand that it's sometimes easier to talk to someone outside of your friends and family about grief and the impact of bereavement of your life and this is why [Good Grief Trust](#) provide the [GriefChat service](#).

GriefChat was created by bereavement experts and by clicking on the GriefChat link, you can chat directly to a specially trained bereavement counsellor. GriefChat counsellors are experienced in supporting bereaved people and will listen to your story, explore how your grief is affecting you and help you to find any additional support you might need. GriefChat is a completely free service and is available Monday-Friday, 9am-9pm (except Bank Holidays) or by email out of these hours.

GriefChat provides emotional support for bereaved people, access to trained bereavement counsellors and referral into other specialist bereavement services.

Employee Assistance Programme (Help EAP)

[Help EAP](#) provide council staff with a confidential freephone helpline, manned by trained professionals. This service is available 24/7 and can be accessed by dialling 0800 028 5148. All calls are confidential and can help staff dealing with bereavement issues.

In addition, Optima Health have provided podcasts for staff for support on dealing with grief and for line managers, how to support staff during the grieving process. Links to both are below:

 [Line Manager - How to support staff with grief](#)

 [Employee - Support on dealing with grief](#)

For details of grief support services near you, click on this [link](#) for the interactive map