

## Bereavement Support

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss.

Bereavement affects everyone in different ways, and it is possible to experience any range of emotions. There is no right or wrong way to feel.

Mind offers a dedicated telephone support line every week day between 9.30am and 4.30 pm (not bank holidays) funded by North Yorkshire County Council. Please call 07375 871303 or email us at [supportline@darlingtonmind.com](mailto:supportline@darlingtonmind.com)

Our skilled and experienced staff are there to help you by just listening, through counselling or to help with practical advice if you need it.

In need of other support – please contact Mind on 01609 780758 or email [nyteam@darlingtonmind.com](mailto:nyteam@darlingtonmind.com)

Please visit our website: [www.darlingtonmind.com](http://www.darlingtonmind.com)