

Grief is a natural process

We all experience grief and it is a natural part of life.

The death of someone close can be really hard to deal with. Whether we have lost a partner, family member, friend, colleague or someone else in the community, it is natural to go through a wide range of emotions at different times.

We can all support each other when it comes to grief.



hse.ie/grief

hospicefoundation.ie

[#CopingWithGrief](https://twitter.com/CopingWithGrief)

Call the IHF Bereavement Support Line

1800 80 70 77

(Monday to Friday, 10am to 1pm)

From the HSE in partnership with
Irish Hospice Foundation





Supporting people who are grieving

Grief can be difficult to talk about - it might feel awkward to reach out to someone in your community who has been bereaved. Simply acknowledging the person's loss, offering practical support, and staying in touch when they might need you, can help.

Be open, patient and sensitive with others when they are grieving, and above all else, be a good listener.



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