Losing someone you are close to can be deeply distressing, both immediately after the death, and later on. Your loss is unique, and people cope with loss in their own ways.

Although bereavement is a highly personal event, many people go through a range of recognisable reactions and emotions when someone they are close to dies, such as feeling sad, angry or betrayed. These feelings are a normal part of the grieving process and coming to terms with loss.

Getting help to cope with bereavement

Other information and advice