

About Cruse Bereavement Care Cymru

Cruse Bereavement Care Cymru is a national charity that exists to promote the well being of bereaved people and help enable those who've been bereaved to understand their grief and cope with their loss.

All our services are free and, as well as emotional support, we can provide information, advice, education and training.

All our volunteers have undergone formal training in bereavement support and receive regular supervision. Moreover, we have produced training material for volunteers to help improve their understanding of the needs of those who have served in the military.

Cruse Bereavement Care Cymru
National helpline: 0808 808 1677
Email: crusecymru@cruse.org.uk



'Bereavement support for older Veterans in Wales project' is funded by the Project 360° grant programme. Project 360° is funded by the Aged Veterans Fund initiated by the Chancellor using LIBOR money. Age Cymru is a registered charity 1128436

Bereavement support for older Veterans in Wales project



Coping with loss

There are some phrases that people often use when they've been bereaved. We list them below alongside what they typically mean.

Understanding these phrases may help you feel that you are not completely alone or help you understand what someone who has been bereaved is going through.

'I can't believe it' — it may take a long time to grasp what has happened. Some people carry on as if nothing has happened. It is hard to believe that someone important in your life is not coming back.

'I feel nothing' — the shock can make you feel numb. You may feel you're in a different world.

'Why did it have to happen?' — death can seem cruel and unfair, especially when you feel someone has died before their time or when you had plans for the future together.

'I feel such pain' — you may feel physical and mental pain, which can be overwhelming and very frightening.

'I feel so depressed. Life has no meaning. I feel I can't go on' — many people say there are times after a death when they feel there is nothing worth living for and they feel like ending it all.

'One minute I'm angry and the next minute I can't stop crying' — people often experience extreme mood swings, which can feel very frightening.

Remember:
Cruse Cymru can help you

Support for you

- **Are you aged 65 or over?**
- **Did you serve in any of the UK Armed Services including Regular, Reserves, National Service or were a Merchant Mariner who saw duty on a legally defined military operation?**
- **Would you like support after a bereavement?**

If you answered yes to all of the questions above, Cruse Cymru is here for you.

For support in your area contact one of the numbers below, or call the national helpline on: 0808 808 1677

Cardiff and Vale
02920 226166

Merthyr Tydfil RCT
01685 876020

Morgannwg
01792 462845

Gwent
01633 251982

North Wales Area
01492 536 577

Powys
01686 610220 or

West Wales
(Pembrokeshire,
Carmarthenshire,
Ceredigion)
0800 288 4700

You can also contact Cruse Cymru at:

crusecymru@cruse.org.uk

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