



## DEALING WITH LOSS

Losing someone important is one of the hardest things we ever face in life. Often it feels as though the world has crashed around you and that you're alone. This is completely understandable, and supporting yourself through this period of grieving is one of the most important things you have to do.

There are "Stages" of grief and it is important to remember that there is no right or wrong way to feel.

You may feel: shock, anger, sadness, fear, guilt, and anxiety. You may not feel any of these feelings and that's ok too.

It's also important to look after yourself by making sure you eat and sleep - these may be far from your thoughts but they're the first steps in dealing with grief. While you may feel that you have a role in supporting other members of the family, make sure you also give yourself some time to reflect on the impact it's had on you.



### Bereavement Support

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Cruse Bereavement Care  
[www.cruse.org.uk/bereavement-services/children](http://www.cruse.org.uk/bereavement-services/children)  
Tel: 0808 808 1677

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Muslim Bereavement Support Services  
Tel: 020 3468 7333  
Email: [info@mbss.org.uk](mailto:info@mbss.org.uk)

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East London Mosque  
Tel: 020 7650 3022  
[www.eastlondonmosque.org.uk/maryam-womens-services](http://www.eastlondonmosque.org.uk/maryam-womens-services)  
[info@eastlondonmosque.org.uk](mailto:info@eastlondonmosque.org.uk)

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Young Minds  
<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/#where-to-get-help>



STEPNEY ALL SAINTS

— LEARN - PRAY - ACHIEVE —