

Let's talk about *Bereavement*

One day

someone is gone and your world changes forever...

...and it can feel hard to move forwards.



However, somehow you keep going.

You can talk to others and remember...

It's OK to find moments of joy or to feel lost.

...the painful BUT treasured reminders of them.



All these things are normal reactions for everyone who experiences loss.

Everyone's route is different, you don't have to take yours alone.

THE BAD DAYS

Sharing these moments to help move forwards

Find the support at www.cumbria.gov.uk/publichealth/bereavement.asp
Call the Cruse Bereavement helpline 0808 808 1677