



JAMES L.
WALLACE
FUNERAL DIRECTORS



BEREAVEMENT

————— *Your guide* —————



Look after yourself and those close to you



There is no blueprint for how to handle bereavement. No timescales for grief.

Bereavement can bring out strong emotions from intense anger, to numbness, exhaustion and the aching pain of loss. Some people can also feel very isolated after the loss of a life partner, family member or close friend. From experience we know that it can help to share some of that journey with someone who understands loss and grief and can offer support.

If you think it would be useful for you or anyone in your family, young or old, let us put you in touch with someone who can help.

When to get help

You might wish to consider asking for support if you are experiencing any of the following:

- Difficulty coping with intense feelings
- Feeling unusually tired, confused and unable to concentrate
- Feeling numb or empty quite a long time after the death
- Having nightmares or difficulties sleeping
- Your relationships seem to be suffering badly
- Constantly feeling angry or irritable
- Smoking, drinking or taking medication or drugs more than usual
- Your work attendance or performance is suffering



You might find these resources helpful. The Bible or indeed one of the books we stock for our clients. These include:

- *Grief Works* by Julia Samuel
- *The Grief Survival Guide* by Jeff Brazier
- *New Journeys Now Begin* by Tom Gordon
- *A Grief Observed* by C S Lewis
- *The Bible*
- *Is Daddy Coming Home In A Minute?* by Elke & Alex Barber

Collect your copy from any of our branches or call us on 01382 825 726 and we'd be delighted to post one out to you.

SHOCK - "I CAN'T BELIEVE IT'S HAPPENED."

The Lord Jesus Christ said "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart. I have overcome the world."

John 14:27, 16:33

FEAR - "HOW WILL I COPE?"

I am the Lord, your God, who takes hold of your right hand and says to you, "Do not fear, I will help you."

Isaiah 41:13

God said: "Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

LONELY - "I FEEL SO ALONE."

The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Psalms 34:18

LOST - "I'M CONFUSED."

When Jesus saw Mary weeping and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you lain him?" he asked. "Come and see, Lord," they replied. Jesus wept. Then the Jews said, "See how he loved him!"

John 11: 33-36

JESUS DIED AND ROSE AGAIN TO FREE US FROM THE FEAR OF DEATH

Jesus said: "I am the resurrection and the life. He who believes in me will live, even though he dies."

John 11:25

GOD'S LOVE IS STRONGER THAN DEATH

"...neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Romans 8: 38-39

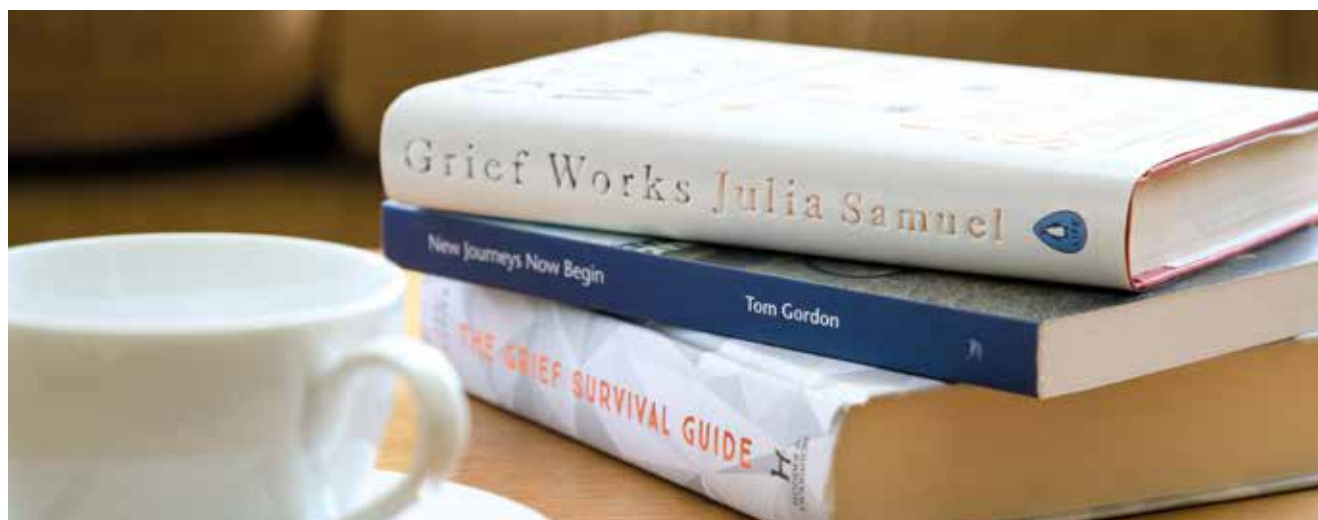
LIVING WITH LOSS IS PAINFUL, BUT WITH GOD THERE IS HOPE

Jesus said: "Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28



Turn to someone you can trust



One-to-one bereavement counselling

SAIF Care is a free and confidential service offered by James L Wallace and members of the National Society of Allied and Independent Funeral Directors (SAIF). SAIF Care provides a range of services to bereaved people over the age of 18, including:

- A free helpline 0800 917 7224 open 9am - 9pm Monday to Friday where staff trained in counselling skills and bereavement care will be able to listen and answer any questions you may have.
- Up to six free counselling sessions delivered by SAIF Associate Counsellors who are highly skilled, qualified counsellors. These can be used by one person or split between members of a family. The sessions can take place at a location of your choice, over the phone, or even via online chat or email if you prefer. This can be arranged within a week (subject to availability).

For more information talk to your funeral director, call the helpline on 0800 917 7224 or email: help@saifcare.org.uk

SUPPORT FOR YOUNG PEOPLE

Specialist support through individual or group counselling, play and other activities designed to make a difference to the lives of bereaved young people between 4 and 18 years.

Richmond's Hope

Richmond Craigmillar Church
227 Niddrie Mains Rd,
Edinburgh, EH16 4PA

Tel: 0131 661 6818

Email: info@richmondshope.org.uk



Take it from us...

Having supported families for generations through the grieving process our best advice is to go easy on yourself.

- Take the appropriate amount of time to grieve - there is no specified time frame as each loss is unique. The important thing is to be allowed to grieve.
- Don't succumb to stereotypes about loss - as sympathetic as they are, others will never know what you're experiencing.
- Don't allow other people's opinions or experiences to influence you about what to feel, think or do.
- Treasure keepsakes - keep pictures or personal items, perhaps even create some new ones like letters or diaries.
- Take care of yourself and expect that all of your inner resources will be fully spent over and over again, over a long period of time. Be aware of your limitations while you are mourning and grieving and beyond. Don't pressure yourself to do or be anything other than who and where you are. Don't undertake too much. Save important decisions for a later time.
- Create a support system - friends and relatives who truly understand you and what you've gone through; those who you know will be there for you when you need them, to listen, to be compassionate, to support and encourage you.
- Allow yourself to heal - probably the hardest thing you will have to do.

Lean on our experience

James L Wallace has been looking after families in their time of need for generations. When you need us most, even after the funeral please call 01382 825 726, there will always be someone here for you.

