

## Grief can be overwhelming

## You don't have to deal with it alone

When someone close to us dies it can be the most heartbreaking thing we will ever experience.

Events of recent years have made it harder than ever. Many have died in traumatic circumstances and many of us were isolated and cut off from our usual support at times. The effects will be long-lasting.

> If you are struggling we are here to help and support you



## cruse.org.uk

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