

**Sensing someone
who has died**

Large print version

Cruse
Bereavement
Support

Seeing, hearing or sensing someone who has died

It's normal to see, hear or sense someone who has died. While this might be scary and unsettling, it doesn't mean there is anything wrong with you.

Why does it happen?

After someone dies, it's normal to see, hear or sense them. This is often because your mind has temporarily 'forgotten' that they've died or because your brain is trying to understand the finality of their death.

If their death was particularly traumatic, you're more likely to see or hear the person or relive those memories. These recurring memories are called 'flashbacks.'

Is it OK to talk to someone who's died?

Talking to the person who died is also a normal part of the grieving process. You may find yourself talking to them because your brain has temporarily forgotten they've died. Or, you might talk to them because you miss them and you find it comforting to speak to them out loud. Depending on your beliefs you may feel comforted or feel that they can hear you in some way.

There is nothing wrong with this. It can help you maintain the bond you had with them when they were alive.

Supporting yourself

Be patient

These experiences are completely normal. Although people often tell us they feel like they are 'going mad', it's not a sign of mental illness. It may take you some time to understand what has happened, but give yourself time.

Write them a letter

If you've still got a lot to say to the person who's died, try writing them a letter. Letter writing helps you organise your thoughts and put into words how you've been feeling since their death.

Be kind to yourself

The time after someone dies is very stressful. Try to make sure you're getting plenty of rest and making time for things that relax you.

Learn more about grief

Grief can be overwhelming. Learning more about what grief feels like can help you come to terms with what you're going through. We have a range of factsheets in to help you understand more.

Talk to someone

If you're seeing, hearing or sensing someone who has died you might be reluctant to talk to anyone about it. But talking about your experiences will help you understand your feelings better. You could try talking to a trusted friend, relative or faith leader, or you can call our helpline.

For more support call our helpline

0808 808 1677