



Bereavement Support

Sadly, we will all experience a loss or bereavement at some time in our lives. People react in their individual and unique way and may experience many different feelings. When someone close dies, you may feel sadness, anger, fear, guilt, loneliness or denial. All of these feelings are natural reactions, but the intensity may leave you feeling that you are not managing everyday life in the way that you would like.

Many people need support following a bereavement, and often family and/or friends can be of great help. Yet, it may be difficult to talk to those we know well about our emotions.

Sometimes it may be helpful to talk to someone who is not emotionally involved but is there to listen and care.

With over 1000 volunteers from across all its communities, the USCC offers bereavement befriending services. If you would like to find out more about this, please contact [US Chesed](#) [1] or your [local community](#) [2].

US Chesed also offers a Stillbirth Support Group for men and women who have suffered a stillbirth either recently or in the past. For more information about this, please [click here.](#) [3]

We also work closely with the Jewish Bereavement Counselling Service.

What is the Jewish Bereavement Counselling Service?

The Jewish Bereavement Counselling Service has offered its service for over 20 years to members across the Jewish Community.

For more information please contact:

JBCS

Tel: 020 8951 3881

Email: enquiries@jbcs.org.uk [4]

Website: www.jbcs.org.uk [5]

Source URL: <https://www.theus.org.uk/bereavementsupport>

Links

[1] <mailto:%20mminsky@theus.org.uk>

[2] <https://www.theus.org.uk/category/communities>

[3] <https://www.theus.org.uk/article/stillborn-support-group>

[4] <mailto:enquiries@jbcs.org.uk>

[5] <http://www.jbcs.org.uk/>