















## Finally:

The purpose of this leaflet is to help you recognise that what you are experiencing is likely to be normal for someone who is grieving.

But if you are worried about yourself, or if, having read this, you feel that you are really struggling, then do find someone to speak to.

This leaflet has been produced by Cruse Bereavement Care Scotland, a national charitable organisation which can offer a variety of help including further leaflets and information. You can contact them by phone or e-mail, or visit the website.

### **Cruse Bereavement Care Scotland**

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e-mail: [info@crusescotland.org.uk](mailto:info@crusescotland.org.uk)

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National Phoneline 0845 600 22 27

CBCS relies heavily on grant aid from the Scottish Executive, but relies heavily on voluntary contributions to maintain its Service. If you would like to support the work of CBCS, please contact the address above.

This leaflet was written by Jim Kuykendall, a bereavement therapist and lecturer trained by Elisabeth Kübler-Ross, and now in private practice in England.

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