

National Grief Awareness Week

2nd – 8th December 2025



Leicestershire Partnership
NHS Trust

This year's theme, **Growing with Grief**, recognises that after loss, we may not be who we once were but we can grow into someone new, shaped by resilience, memories and love.

What support is available?

The Laura Centre - Specialist counselling for children, young people and families coping with loss.

Winston's Wish - Offers free grief support for children and young people under 25.

Child Bereavement UK - Provides guidance and emotional support for young people and families.

Cruse Bereavement Support - Emotional support from trained volunteers for anyone affected by grief.

Scan this QR code or visit the link for more about our support services:



<https://www.leicspart.nhs.uk/mental-health/>



What is grief?

Grief describes the feelings we experience after losing someone close to us. There's no right way to grieve. It's OK to feel sad, angry, numb, anxious or confused. These emotions can change day to day or hour to hour. It can sometimes feel hard to talk about.

Helpful apps

- Apart of Me
- Tellmi



Supporting someone through loss

- Acknowledge what has happened
- Recognise it is difficult for them
- Give them space to talk if they want to
- Ask them how you can best support them

If you or someone else is in urgent need of support call **111**, **Option 2** or **999** in an emergency. Support is always available.