Bereavement

URL of this page: http://www.nlm.nih.gov/medlineplus/bereavement.html

Also called: Grief

Bereavement is the period of grief and mourning after a death. When you grieve, it's part of the normal process of reacting to a loss. You may experience grief as a mental, physical, social or emotional reaction. Mental reactions can include anger, guilt, anxiety, sadness and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems or illness.

How long bereavement lasts can depend on how close you were to the person who died, if the person's death was expected and other factors. Friends, family and faith may be sources of support. Grief counseling or grief therapy is also helpful to some people.

NIH: National Cancer Institute

Start Here

- Grief, Bereavement, and Coping with Loss (PDQ) [NIH (National Cancer Institute)]
  Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/duelo/Patient/page2]
- How to Deal with Grief [Substance Abuse and Mental Health Services Administration] - PDF
- JAMA Patient Page: Grief [American Medical Association] - PDF

Overviews

- Coping with Grief: When a Loved One Dies [NIH (National Institutes of Health)]
- Grief, Mourning, and Bereavement [American Cancer Society]
- Understanding Grief and Loss [American Society of Clinical Oncology]

Latest News

- MRI Scans Could Make Baby Autopsies More Acceptable [05/15/2013, Reuters Health]

Specific Conditions

- Complicated Grief [Mayo Foundation for Medical Education and Research]

Related Issues

- Adults Grieving the Death of a Sibling [Compassionate Friends]
  Also available in Spanish

Also available in Spanish [http://www.apa.org/centrodeapoyo/sobrellevar.aspx]

Death of a Child, the Grief of the Parents: A Lifetime Journey [http://www.sidscenter.org/documents/SIDRC/LifetimeJourney.pdf] (National SUID/SIDS Resource Center) - PDF


Grief: Coping with the Reminders After a Loss [http://www.mayoclinic.com/print/grief/MH00036/METHOD=print] (Mayo Foundation for Medical Education and Research)


Suicide Grief: Healing After a Loved One’s Suicide [http://www.mayoclinic.com/print/suicide/MH00048/METHOD=print] (Mayo Foundation for Medical Education and Research)


You Know You Are Getting Better When... [http://www.americanhospice.org/grief/working-through-grief/97-you-know-you-are-getting-better-when] (American Hospice Foundation)

Clinical Trials

ClinicalTrials.gov: Bereavement [http://clinicaltrials.gov/search/open-condition=%22Bereavement%22] NIH (National Institutes of Health)

ClinicalTrials.gov: Grief [http://clinicaltrials.gov/search/open-condition=%22Grief%22] NIH (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Article: Bereaved parents and siblings offer advice to health care providers... [http://www.ncbi.nlm.nih.gov/pubmed/23612375?tool=MedlinePlus]


Organizations
• Compassionate Friends [http://www.compassionatefriends.org/]

Children
• Children and Grief
  Also available in Spanish
  [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Los_Ninos_y_la_Pena_por_la_Muerte_de_un_ser_Querido_08.aspx]
• Helping Your Child Deal with Death [http://kidshealth.org/parent/emotions/feelings/death.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/medicos/death_esp.html]
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/family_friend_died_esp.html]
• When a Pet Dies [http://kidshealth.org/parent/positive/talk/pet_death.html] (Nemours Foundation)

Teenagers
• Death and Grief [http://kidshealth.org/teen/your_mind/emotions/someone_died.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/someone_died_esp.html]

Seniors

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001530.htm]

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• Mental Health and Behavior [http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html]

Date last updated: 3 July 2013
Topic last reviewed: 6 May 2013