

## What happens next?

### You're the one who decides what happens next

There are a number of options you can choose after your session.

#### Option 1

You may feel the information we've given you today has helped you understand some of your feelings. You're more aware that it's normal to feel this way, however painful it may be at times.

You may decide that you're managing OK at the moment and don't need any further Cruse support. You will have received a link to your follow up form, or you can access it via the link on the website page. Please complete the form which will be sent to us directly and we will update your branch that further support isn't needed at this time.

Please remember that Cruse will always be here if you want to contact us in the future.

#### Option 2

You may feel that you're managing OK, but might need some support on the days that you're struggling.

On these days you can call our helpline on 0808 808 1677. We're open seven days a week (9.30am-5pm Mon & Fri, 9.30am-8pm Tues-Thurs and 10am-2pm Sat-Sun). CruseChat is available on our website [www.cruse.org.uk](http://www.cruse.org.uk) Mon-Fri 9am-9pm. Our website also has some helpful resources which you may find useful.

Please remember that Cruse will always be here if you want to contact us in the future.

#### Option 3

After thinking about everything you've heard at the Understanding Your Bereavement session, you may feel you need more help.

Again, all you need to do is complete the follow up form, using the link sent to you in the email after you attended the session. We will let your branch know that further support is needed and they will be in contact.

**Whatever you decide, Cruse's door is always open**

*You're not alone*