Sue Ryder’s #JustSaySomething Campaign

Poor Mental Health Outcomes Post-Bereavement
A new survey commissioned by Sue Ryder¹, has uncovered that close to half of bereaved people (47%) experience poor mental health – such as feelings of depression or anxiety – following the death of a loved one.

Just under three quarters (73%) stated that they have experienced feelings of depression and almost two thirds (64%) said that they had felt anxious after experiencing a bereavement. Across 16-24 year olds, over a quarter (28%) said that they have experienced an eating disorder due to being bereaved.

However, despite the high numbers of people in need, just 18% of women and 12% of men surveyed said that they had actively sought psychological support or treatment for how they were feeling. Only a third (33%) felt they were unable to open up about their grief to those around them – despite ‘being able to talk freely’ being listed by those surveyed as the number one action that would be most likely to help them following the death of a loved one.

Calls to Action
As an experienced bereavement services provider, Sue Ryder is calling for people who have been bereaved to open up and #JustSaySomething to their support network, and to ask for help by speaking to their GP if they are experiencing feelings of depression or anxiety.

At the same time, Sue Ryder is asking those supporting someone who has been bereaved to be ready to listen and remember there is no timeframe attached to grieving. Checking in with someone a year or two after a death can be just as important as in the first few weeks.

1. Sign and share our EDM #149 sponsored by Carolyn Harris MP
2. Signpost your constituents to sueryder.org/coping-with-grief for further resources providing practical and emotional advice to help encourage conversations about grief
3. Share our new support page (above) and videos by celebrity supporters Lottie Tomlinson and Grace Woodard on social media @Sue_Ryder #JustSaySomething

About Sue Ryder
Sue Ryder supports people through the most difficult times of their lives. Whether that’s a terminal illness, the loss of a loved one or a neurological condition – we’re there when it matters. For over 65 years, our doctors, nurses and carers have given people the compassion and expert care they need to help them live the best life they possibly can.

Contact
Elinor Jayne
Head of Influencing, Sue Ryder
M: 07773 063291
E: Elinor.Jayne@sueryder.org

¹ The PHA Group interviewed 1,061 bereaved British adults (aged 16+), 20-22 November 2019