

LIBRARY COLLECTION



The Thérèse Brady Library was established in 2003 to support the Irish Hospice Foundation's information and education functions. It houses a collection of over 4,000 items on death, dying, and palliative and hospice care and has a specialist focus on bereavement resources.

While the library is primarily reserved for staff and students of the Irish Hospice Foundation, public access and a professional membership option are available.

CONTACT

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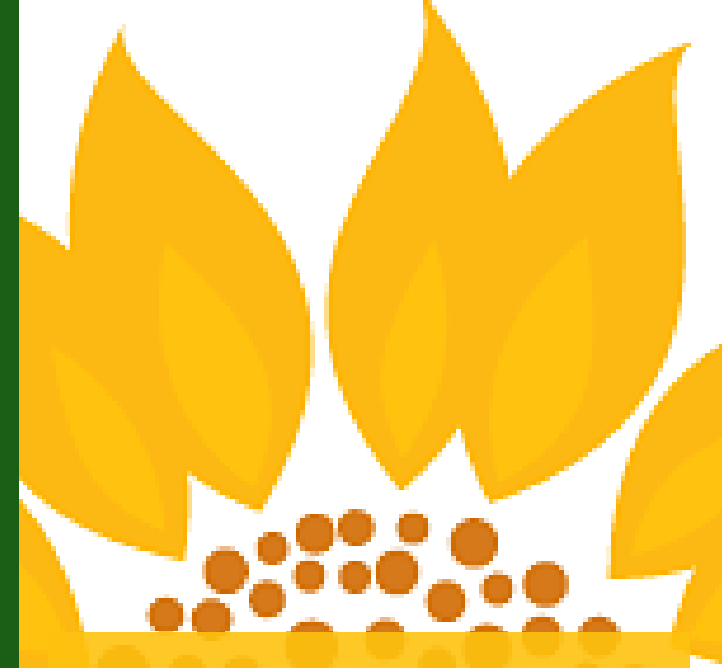
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Bereavement Resources

**When someone
you care about
is bereaved**



RECOMMENDED RESOURCES

BOOKS



If there's anything I can do...
by Caroline Doughty (2007)

Stuck for words: What to say to someone who is grieving
by Doris Zagdanski (1994)

We need to talk about the funeral: 101 practical ways to commemorate and celebrate a life
by Jane Morrell (2006)

ONLINE RESOURCES

**Irish Hospice Foundation:
Helping a bereaved person.**
<http://hospicefoundation.ie/bereavement-2/helping-bereaved-person/>

This page includes tips and videos about what to say to someone who is grieving and how to offer support, as well as do's and don'ts for helping someone who is bereaved.

HelpGuide.org
<http://www.helpguide.org/articles/grief-loss/supporting-a-grieving-person.htm>

This page provides an explanation of the grieving process and offers useful tips for supporting someone you care about who is grieving.

GRIEVING IS
DIFFICULT —
DIFFICULT TO GO
THROUGH AND
DIFFICULT TO
WITNESS. BUT
THERE ARE WAYS
TO HELP PEOPLE
COPING WITH
LOSS.

It's often hard to know what to say or do when someone you care about is grieving. But while you can't take away the pain of the loss, you can provide much-needed comfort and support. Start simply: Let the person know you care.

For more information on how to help when someone you care about is bereaved, browse the resources listed here.