HospiceUK
Compassionate Employers

Alcohol won't help you through the grief



33%

of people drink more alcohol after a bereavement

Some turn to drugs to cope 



Alcohol and drugs can affect various parts of your life, especially when grieving, such as:

- Increasing anxiety and low mood
- Disturbing sleep
- Affecting relationships
- Make everyday coping harder.



You don't have to manage this alone.

If you're worried about drinking, drug use or how you're coping after a loss, support is available.



Scan the QR code to find more support:

Speak to your GP if alcohol or drug use starts to have a greater impact on your wellbeing.