Very Brief Advice Framework for those grieving

A Compassionate Bereavement Response

1. Acknowledge
   [Person's name], I am sorry to hear...

2. Ask
   About current support
   - How are you getting on?
   - Who else close to you is affected by this bereavement?
   - What other support would help you?

3. Advise
   On support options
   - It's natural/OK to want and ask for support.
   - People can find support from different people & places.
   - Encourage: Reach out to friends & family, if you can.
   - Explore support in your wider community.
   - If you want more support, please ask and it's OK to come back – at any point.

4. Act
   On the person's response and record bereavement
   - Show kindness.
   - Signpost to information about support (practice bereavement leaflet, support details etc)
   - Seek guidance from senior colleague if you have concerns.

Signpost to Cruse: crusescotland.org.uk and other local resources
Very Brief Advice: A Compassionate Bereavement Response

A few minutes to share kindness

Taking a moment to stop and listen can make a difference

RESPOND with COMPASSION

1. **Acknowledge**
   
   [Person's name], I am sorry to hear...

2. **Ask** ABOUT CURRENT SUPPORT
   
   - How are you getting on?
   - Who else close to you is affected by this bereavement?
   - What other support would help you?

3. **Advise** ON SUPPORT OPTIONS
   
   - It's natural/ OK to want and ask for support.
   - People can find support from different people & places.
   - Encourage: Reach out to friends & family, if you can.
   - Explore support in your wider community.
   - If you want more support, please ask and it’s OK to come back – at any point.

4. **Act** ON THE PERSON’S RESPONSE AND RECORD BEREAVEMENT
   
   - Show kindness.
   - Signpost to information about support (practice bereavement leaflet, support details etc)
   - Seek guidance from senior colleague if you have concerns.

SIGNPOST TO AVAILABLE RESOURCES

& Cruse Website: www.crusescotland.org.uk
Helpline 0808 802 6161

RCGP
Cruse Bereavement Care Scotland
NHS