



[Home](#) → [Health Topics](#) → Bereavement

URL of this page: <https://medlineplus.gov/bereavement.html>

# Bereavement



**Also called:** Grief

Bereavement is the period of grief and mourning after a death. When you grieve, it's part of the normal process of reacting to a loss. You may experience grief as a mental, physical, social or emotional reaction. Mental reactions can include anger, guilt, anxiety, sadness and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems or illness.

How long bereavement lasts can depend on how close you were to the person who died, if the person's death was expected and other factors. Friends, family and faith may be sources of support. Grief counseling or grief therapy is also helpful to some people.

*NIH: National Cancer Institute*



## Start Here

- Bereavement and Grief [<https://mhanational.org/resources/bereavement-and-grief/>] (Mental Health America)
- Coping with Grief: Life after Loss [<https://newsinhealth.nih.gov/2017/10/coping-grief>]  (National Institutes of Health)  
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/hacer-frente-al-dolor>]
- Grief, Bereavement, and Loss [<https://www.cancer.gov/about-cancer/advanced-cancer/caregivers/planning/bereavement-pdq>]  (National Cancer Institute)  
Also in Spanish [<https://www.cancer.gov/espanol/cancer/cancer-avanzado/cuidadores/planificacion/perdida-pdq#section/all>]
- Seeking Help and Support for Grief and Loss [<https://www.cancer.org/cancer/end-of-life-care/grief-and-loss/depression-and-complicated-grief.html>] (American Cancer Society)  
Also in Spanish [<https://www.cancer.org/es/cancer/atencion-en-la-etapa-final-de-la-vida/afliccion-y-perdida/depresion-y-afliccion-complicada.html>]

## Related Issues

- Complicated Grief [<https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374?p=1>]
- Coping With Grief and Loss [<https://www.nia.nih.gov/health/grief-and-mourning/coping-grief-and-loss>]  (National Institute on Aging)  
Also in Spanish [<https://www.nia.nih.gov/espanol/luto-duelo/sobrellevar-tristeza-muerte>]
- Grief And Bereavement [<https://www.cancer.org/cancer/end-of-life-care/grief-and-loss/grieving-process.html>] (American Cancer Society)  
Also in Spanish [<https://www.cancer.org/es/cancer/atencion-en-la-etapa-final-de-la-vida/afliccion-y-perdida/proceso-de-duelo.html>]
- Suicide Grief [<https://www.mayoclinic.org/diseases-conditions/complicated-grief/in-depth/suicide/art-20044900?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/complicated-grief/in-depth/suicide/art-20044900?p=1>]

## Clinical Trials

- ClinicalTrials.gov: Bereavement [<https://clinicaltrials.gov/search?cond=%22Bereavement%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Grief [<https://clinicaltrials.gov/search?cond=%22Grief%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Terror-bereaved parents experiences of professional help and support: a qualitative analysis. [<https://www.ncbi.nlm.nih.gov/pubmed/40734484>]
- Article: A suicide bereavement model: based on a meta-ethnography of the experiences... [<https://www.ncbi.nlm.nih.gov/pubmed/40726943>]
- Article: Exploring the psycho-social needs of families of COVID-19 victims and their... [<https://www.ncbi.nlm.nih.gov/pubmed/40696439>]
- Bereavement -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Bereavement%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Compassionate Friends [<https://www.compassionatefriends.org/>]

## Children

- Children and Grief [[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Grief-008.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Grief-008.aspx)] (American Academy of Child and Adolescent Psychiatry)  
Also in Spanish [[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Spanish/Los-Ninos-y-la-Pena-por-la-Muerte-de-un-ser-Querido-008.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Spanish/Los-Ninos-y-la-Pena-por-la-Muerte-de-un-ser-Querido-008.aspx)]
- Helping a Child Cope with the Loss of a Loved One [<https://www.cancer.org/cancer/caregivers/helping-children-when-a-family-member-has-cancer/dealing-with-parents-terminal-illness/kids-understanding-death.html>] (American Cancer Society)  
Also in Spanish [<https://www.cancer.org/es/cancer/personas-que-atienden-a-la-persona-con-cancer/apoyo-a-ninos-cuando-un-ser-querido-tiene-cancer/enfermedad-terminal-en-uno-de-los-padres/como-sobrellevan-la-perdida.html>]
- Helping Your Child Deal with Death [<https://kidshealth.org/en/parents/death.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/death.html>]

## Teenagers

- 5 Ways to Cope When a Loved One Dies [<https://kidshealth.org/en/teens/coping-grief.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/coping-grief.html>]
- Grief [<https://kidshealth.org/en/teens/someone-died.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/someone-died.html>]

## Older Adults

- Grief and Loss as Alzheimer's Progresses [<https://www.alz.org/help-support/caregiving/caregiver-health/grief-loss-as-alzheimers-progresses>] (Alzheimer's Association)

## Patient Handouts

- Grief [<https://medlineplus.gov/ency/article/001530.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001530.htm>]



## MEDICAL ENCYCLOPEDIA

Children and grief [<https://medlineplus.gov/ency/patientinstructions/000749.htm>]

Grief [<https://medlineplus.gov/ency/article/001530.htm>]

## Related Health Topics

End of Life Issues [<https://medlineplus.gov/endoflifeissues.html>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/bereavement.html>] on *Bereavement*

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our disclaimer [<https://medlineplus.gov/disclaimers.html>] about external links and our quality guidelines [<https://medlineplus.gov/criteria.html>] .

The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

[Learn how to cite this page](#)