

MEN'S MINDS / GRIEF & LOSS

Grief Doesn't Have to Look Like Crying

There is no single way to grieve. Not crying, or not wanting to talk constantly about your loss, does not mean you are unaffected. Grief can show itself in behaviour, energy, relationships and everyday routines, as well as through visible sadness. Sometimes its impact is not recognised as grief at first.

Grief might also look like

Keeping constantly busy	Becoming quieter or withdrawn
Irritability or anger	Difficulty concentrating
Changes in sleep	Feeling numb or disconnected

Where to turn for support

Space to Breathe Therapy	If something here feels familiar and you feel a connection with Space to Breathe Therapy, you're welcome to get in touch and explore whether support feels right for you. 07761 272645 maggie@spacetobreathetherapy.co.uk Contact page
Cruse Bereavement Support For grief after a bereavement, Cruse offers support and information across the UK. Call 0808 808 1677 or visit cruse.org.uk/get-support .	Your GP or NHS talking therapies Speak to your GP if grief is making day-to-day life hard, your mood is worsening, or you would like help finding support. In England, adults can often self-refer to NHS talking therapies.

Urgent help in England: If you need urgent mental-health help and it is not an emergency, call NHS 111 and select the mental-health option. If you or someone else is in immediate danger, call 999 or go to A&E. Outside England, use your local urgent mental-health service.

Sources: [NHS - grief after bereavement or loss](#) | [NHS - urgent support](#) | [Cruse Bereavement Support](#)