



- **Loss happens a lot** – When people, pets or friends die again and again, it can feel too much. You might feel numb or shut down.
- **People may not see your pain** – Society often ignores people who are sleeping rough, even when they are grieving. That can make it harder.
- **Street friends are like family** – When you lose someone close, it can feel like losing a brother, sister or partner.
- **Old wounds can come back** – If you've been through loss, abuse or abandonment before, grief now might stir up those memories and feelings.
- **It's hard to grieve without an ending** – You might not have been able to go to the funeral or talk to someone in a safe space. That can leave things feeling unfinished.





What you could do

- **Mark the loss in your own way**
You could light a candle, help organise a small get-together, or attend the funeral. You might want to talk with friends who also knew the person. Ask their name to be included in the Connections Annual Commemoration (November) or the garden of names at Doctor Hickey's Surgery. For a small donation, you can add your pet's name & photo to PDSA's online National Collection of Pet Memories.
- **Find a quiet space**
Sometimes just having somewhere calm to sit or think can help. Day centres or local libraries might offer a safe, quiet spot to reflect or talk to someone.




- **Use support resources**
There are people who will listen. You can call Samaritans any time on 116 123 (free from any phone).
- **Get help if the loss affects where you're staying**
If the death happened in a shared space, speak to staff or outreach workers. They may be able to help you move or talk to teams for support.
- **Ask questions if you want to know more**
Sometimes, knowing what happened can bring some peace. If you're ready, your outreach team could be able to help you find out more.
- **Try to keep some routine**
Go back to small daily things—like having a hot meal, washing, or checking in with your support worker—can give you a bit of steadiness.
- **Respect your own beliefs**
Everyone grieves in their own way. If you mark loss through prayer, silence, or other traditions, that's okay. Let people know if something matters to you.
- **Look out for your own wellbeing**
Grief can affect your mind and body. If you start using more drugs or alcohol, feel very low, or have thoughts of harming yourself, tell someone. You're not alone—there is help.

Support is available if you need it.

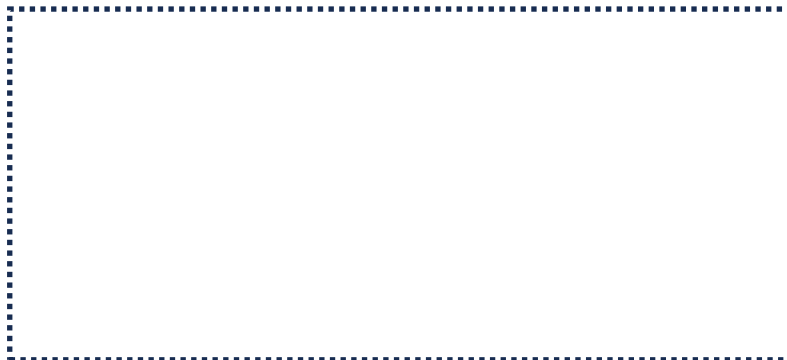
-  Samaritans – 116 123 (24/7)
-  Single Point of Access for a mental health crisis: **0800 0234 650**
-  Counselling clch.homelesshealthcounselling@nhs.net
-  Cruse Bereavement helpline - 0808 808 1677

24/7 walk-in support

St Charles Hospital
Mental Health Centre
Exmoor Street
London
W10 6DZ

-  Blue Cross Pet support **0800 096 6606 (8.30-8.30pm)**

Extra information



When you've lost someone

Here are some things that might be useful

If you've lost someone – a friend, a loved one, or a pet, you might feel shocked, sad, angry, or numb. You might not feel much at all. That's okay. Grief looks different for everyone.

Feelings can include:

- Anger or irritability (even toward services or other clients).
- Withdrawing or going quiet.
- Increased drug or alcohol use, or risky behaviour.
- Hypervigilance or sleeplessness.
- Guilt: "I should've done more" or "It should've been me".

Making sense of grief

If you've lost someone and you're sleeping rough, grief can feel extremely lonely. It can be confusing, painful or hard to talk about - and grief can be one more heavy thing to carry.

Here are some things that might help make sense of how you're feeling:

- **Grief can be hidden** – You might not show how you feel, just to get through the day. That doesn't mean you're not hurting.