**We all grieve following the death of Queen Elizabeth II**

Friday, 9 September 2022

Very few of us know a world without the Queen in it. Her presence was pervasive, from her image on the coins within our pockets to our detailed knowledge of her family and the challenges she faced throughout her life.

Following today’s announcement of her death, we may be experiencing a range of emotions. We may be feeling very sad for her family, who have lost a beloved mother, grandmother and great-grandmother and for her other relatives and friends.

Christopher Hall, CEO of the Australian Centre for Grief and Bereavement, said that “When a public figure dies, we can sometimes be surprised to find ourselves grieving someone we did not know personally. It can even feel like we don’t have the right to be upset by this news. But there are many reasons why you and many millions of others might be affected. Whether monarchist, republican or indifferent, it is important that we recognise this significant death and be compassionate to everyone whose sorrow is increased by it”.

Many people will be mourning this dedicated woman who has been a constant throughout their lives. Mr Hall said, “Not everyone is affected the same way, and some people may find it hard to see others affected deeply by a Royal death. This can particularly be the case if you are going through a personal bereavement of your own. The Queen’s death will also trigger grief for other losses amongst many people”.

However old someone is, their death is always a shock. The death of anyone can bring up memories of your own bereavements. Perhaps The Queen was also special to someone you have lost or reminds you of them. It is important that you allow yourself to grieve, that you give yourself permission to feel sad for The Queen and her loved ones, and also for what the world has lost.

There are many others who are affected in the same way as you. Look for places where people share their feelings or sign one of the condolence books. Talking to friends and family can also help, but it’s worth thinking about their own circumstances. If you are very upset, not everyone will understand.

The responses of others on social media may include a lot of personal information and emotion. This can be difficult to deal with if you’re already feeling vulnerable. Often it can be helpful to take a break from news coverage if it makes you sad or anxious.

For additional support, contact Australian Centre for Grief and Bereavement at [www.grief.org.au](http://www.grief.org.au).

**The Australian Centre for Grief and Bereavement (ACGB) is Australia’s leading voice on grief and provides a range of grief support and education programs throughout Australia.**

**Media enquiries:**