



## Support

Often talking to someone other than friends and family can help. Blue Cross is an animal and pet registered charity and has a wealth of experienced professionals to provide bereavement support.

Its Pet Bereavement Support Service offers confidential telephone (available 8.30 am to 8.30 pm) and email support and is available free of charge to all.

**To make contact call 0800 096 6606.**

## Further reading

Absent Friend, by Laura and Martyn Lea.  
Published by Hensto.

Goodbye, Dear Friend, by Virginia Ironside.  
Published by Robson.

Missing My Pet, by Alex Lambert (aged 6).

Goodbye Mousie, by Robie H. Harris.  
Published by Simon R Schuster.

Goodbye Meg, by J Kerr.  
Published by Picture Lions.

The Sunshine Cat, by Miriam Moss.  
Published by Orchard Books.



### The Pet Vet Doncaster

25-29 Balby Road, Doncaster, DN4 0RD

Tel: 01302 325608

Email: doncaster@thepetvet.co.uk

### The Pet Vet Rotherham

158 Doncaster Road, Dalton,  
Rotherham, S65 3EW

Tel: 01709 854333

Email: rotherham@thepetvet.co.uk

### The Pet Vet Barnsley

Wakefield Road, Barnsley, S71 1NN

Tel: 01226 297125

Email: barnsley@thepetvet.co.uk

### The Pet Vet Lincoln

Unit 8A, Carlton Boulevard, Carlton Centre,  
Lincoln, LN2 4FJ

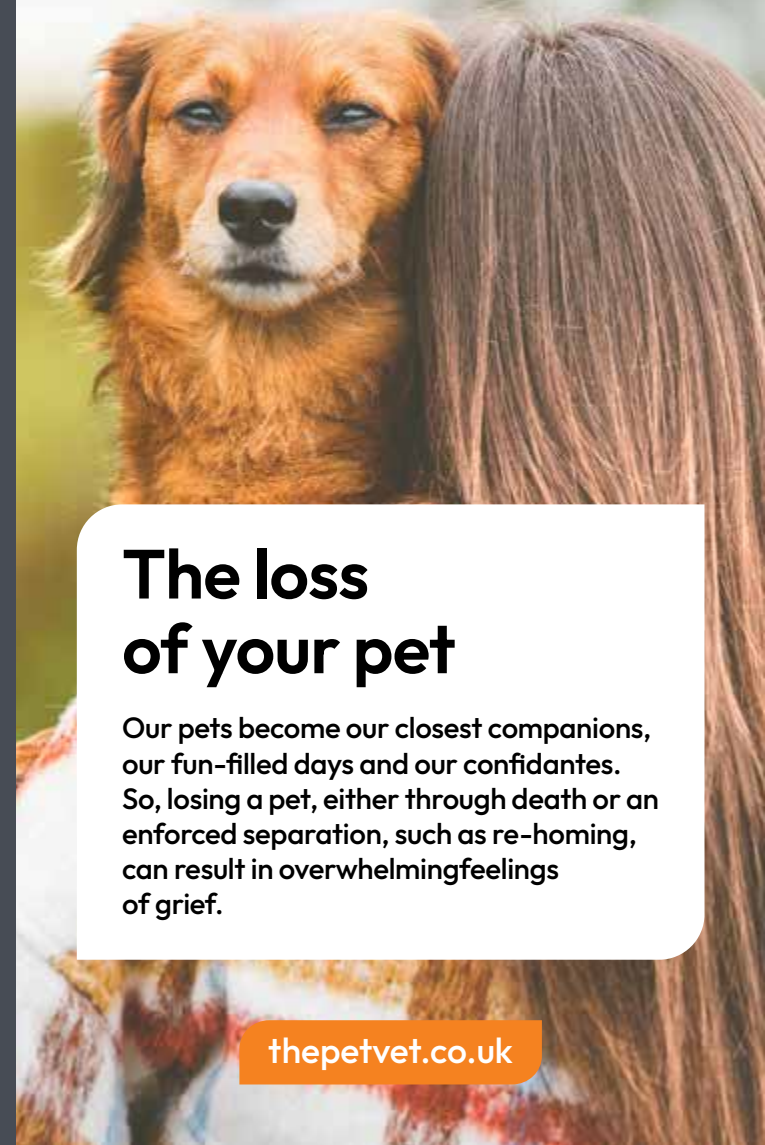
Tel: 01522 458895

Email: lincoln@thepetvet.co.uk

TPV/2023-08-BEREAVE-DL-001

[thepetvet.co.uk](https://thepetvet.co.uk)

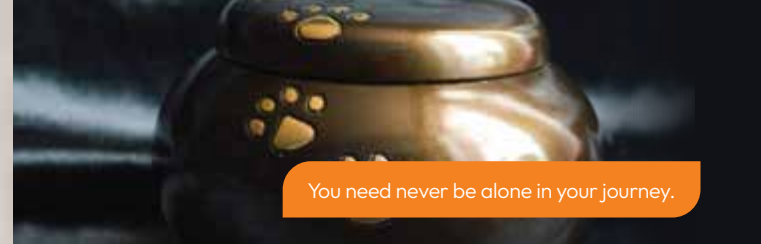
**THEPETVET**   
we care



## The loss of your pet

Our pets become our closest companions, our fun-filled days and our confidantes. So, losing a pet, either through death or an enforced separation, such as re-homing, can result in overwhelming feelings of grief.

[thepetvet.co.uk](https://thepetvet.co.uk)



You need never be alone in your journey.

## Timing

**Grief takes many forms and doesn't follow a timeline, which can be frustrating and unnerving when the loss feels so total with no end date.**

Feelings of disbelief, loneliness and even guilt can seem to linger and feel out of our control. But there are some manageable steps we can take to re-build after such a loss and learn to treasure the memories in a positive and wholesome way.

Grief cannot be rushed. Every one of us will process our loss in a different way, yet there are usually some common stages. Disbelief and numbness tend to be our initial reactions; we've shared the love and companionship of our pet, and the sudden quiet surrounding us takes some time to adapt to.

**Give yourself time.**

## Guilt

Who hasn't questioned the 'what ifs' and the 'should I have's'? These are perfectly natural responses when we wish desperately that we could have altered the course of our beloved pet's journey.

The reality is, we can't. Sometimes there is no explanation, and acceptance is difficult. Try not to attribute blame; our hearts heal when surrounded by love.

## Nobody understands

Lack of empathy from others can be the hardest aspect of grieving for a pet; and the sense that everyone expects us to 'get over it' only adds to the sense of loneliness and despair. In reality, the death of a pet can be as painful as losing a human family member or friend; so don't be afraid to talk about your loss, even if it is still raw. Often people make assumptions, but once they understand how you feel, they will genuinely want the best for you and help you on your personal journey.

## Children and the loss of their pet

Often the loss of a pet is a child's first encounter with death. Reactions range from confusion to shock and extreme sadness or pain. They've lost a friend, so appreciate what their pet meant to them. Allow them to grieve in their own way. Be mindful that behavioural changes may emerge and perhaps it is an idea to let teachers or friends know about their loss too. Give them time, involve them where you can, and don't be afraid to let them see your grief; it will provide the permission they may be seeking to show their own feelings.

Children will have all manner of questions and will cope much better if they understand the facts. So it's important that we remain sensitive to their feelings whilst being open and honest; they will heal all the better for it.

Encourage children to have a role in some of the decision-making, if that is what they would wish. It might be that they would like to decide where the pet is laid to rest or perhaps choose a favourite flower or plant as a more permanent marker of their life.

## Saying goodbye

Our final moments with our pet can be important in how we allow ourselves to let go. Considering how you can say goodbye in a respectful and caring way is something vets and specialist pet crematorium teams can help with.

Greenacres Pet & Equine Crematorium has years of experience in helping you to choose the perfect goodbye. The range of services allows the team at Greenacres to tailor to your own personal and specific needs.

You can access more information about Greenacres by visiting [greenacrespetchrematorium.co.uk](http://greenacrespetchrematorium.co.uk) or pick up one of the brochures in any of our practices.

## Getting another pet

There are many positive reasons to get another pet, but choose your timing. Try not to 'replace' the lost pet as you will need time to process your grief, and a new pet is not always a healthy distraction.

When the time is right – and only you will know – a new pet can begin to build a new chapter of happiness. They will have their own character, bringing a whole new world of good times.

