

## Emma was 20 years old... Neil, 2020



“Emma was 20 years old when she died. It was April and She was already planning her 21st birthday in July. She collapsed suddenly at home. It was all over so quickly and we were left wondering what had happened and how to tell her younger brother who had already left for school. It was early on a Thursday morning.

In the days and weeks that followed I started to search for something or someone who could explain to me how I was feeling. I remember sitting in my living room very early one morning searching online and finding a group who met in a cafe at a park several miles away. There was an open invitation and a meeting that day. I got dressed and left. I was 3 hours early so I wandered the park. I met with a group of 8 ladies who were all bereaved from husbands and had known each other for years. They were very kind and I blubbered my way through my story but they had no answers. I had one session with a one to one counsellor who stared at me a lot and looked at her watch. I never returned.

I was in touch with my doctor to get signed off work. At one appointment and after I assured him I was not suicidal, he put me in touch with a telephone support group, can't remember who. Someone called me and told me of 'SLOW' (<https://slowgroup.co.uk>). This was a group of parents who all thought, talked and felt like me. Through SLOW I found the bereaved dads group dads.care and it has been worth the journey from London to Oxford to be and share with dads like me. My association with both SLOW and dads.care continues so I guess you have to keep looking until you find the right fit and don't give up.”



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