

Avicii's mom about the grief: "Life is before and after Tim".

Anki Lidén, 73, about the months at the hospital, the son "Avicii" death and the important foundation in his name.

In April 2018 ended Tim "Avicii" Bergling his life. His mom Anki Lidén chooses now – for the first time since her sons tragic passing – to do an interview. – "His absence is sometimes unbearable".

Many might already be familiar with the actress Anki Lidén, 73, as the fierce businesswoman Karin Sundin in the TV-show "Friends with Enemies" that aired during the late 90's. Through the years she has done numerous of different roles on TV and in the cinemas. She has among others acted in Lasse Hallströms iconic movie "My life as a dog" and in 2010 she was awarded with a Guldbagge for her contribution in "I taket lyser stjärnorna" (The stars shines in the roof). However, lately she has been known as the mother of the deceased artist Avicii. On the 20th April 2018, her son Tim Bergling passed away at the age of 28. He decided to end his life, something his family announced in a public letter one week after the tragic event. "He really struggled with thoughts revolving the meaning, life and happiness. Now he could not bear it anymore. He wanted peace."



Broke the pelvis

Anki Lidén has for long spoken to us about doing an interview, but has not felt ready for explainable reasons. In the end of last year, she also fell badly, causing her pelvis to break and having to spend two months at the hospital to heal the injury. Today she is home and exercising self-quarantine with her husband, also Tims father, Klas Bergling.

- I slipped in my stockings (strumplästen) and broke my pelvis and had to stay in the hospital for two months. I have never experience this much pain. Now I am in rehab at home dressed in "slipreduced" socks (halksockor) and crutches, says Anki Lidén over the phone.

Spending two months at the hospital seems very long?

- Yes, it is a very long time, but they didn't want to operate. The fracture was in the hip socket where the ball of the thighbone is supposed to rotate. The fracture looked good and that is why it was supposed to heal on its own. I was not supposed to add any weight to the wounded leg until one and a half month. Now I walk with a crutch, but it takes a very long time for the pelvis to heal.

How does the everyday life look now for you and Klas?

- We are in quarantine and do not meet any people. My son Anton talks to me over Facetime every morning with the grandchildren in his lap, I think that is very sweet of him and fun – it's the highlight of the day!

How are your thoughts about your son Tim today?

- Tim exists within me all the time and the grief and sorrow is heavy to bear. Life is before and after Tim. Two years has passed – the life without Tim. His beautiful smile, his wise and fun way to look at life. To live without this loving and beautiful person is sometimes unbearable.



“Numbed by the shock”

How was it after Tim’s passing?

- Traumatic, I was numbed by the shock. It was very turbulent with everything that happened in the aftermath, all the fantastic people that participated in the mourning. And the fans! Their love for Tim that we got to take part of – all the numerous of letters from all over the world where they described what Tim and his music has meant to them. I feel a great deal of gratitude for that.

- I have Netflix, C More, HBO, and Viaplay. I have all the streaming services that exists and that is what I’ve been doing since Tim’s passing. It has been the only way for me to disconnect, to watch different shows, to escape reality for a little while. Many people believe that you should feel better after two years, that it’s a long time when you have lost something/someone, but that is not how it is for me. I can sometimes not believe that he is gone, and I think it’s much worse now than it was right after.

- It’s worse in a different sense, I have started to accept it – and to lose a child is horrific. The shock and trauma lasted so long when you get a message like that.

Was it self-evident to tell what happened?

- Absolutely, there wasn’t any reason to hide the truth. I’m a pretty direct person and not much for sugar-coating things. It was obvious for us to go out and tell what happened. It was important to tell how Tim was, because not many knew about his problems.

And at the same time, you wanted to remove the stigma of suicide?

- Yes, absolutely.

Your Tim Bergling Foundation is supposed to help increase the understanding and help relatives and the people who are at risk?

- Yes, especially for young people, to make sure they get help.

Have you received any solid appreciation from people as a response to you starting the Tim Bergling Foundation?

- We have received a lot of letters and emails. It feels like it’s the most important thing we can do after Tim’s death. We are very dedicated and really want it to trigger real change. It’s horrifying that so many young people commit suicide. It’s tough for young people in today’s society.



Support from many directions

Who has been there for you?

- Our children have been amazing and my closest friends' too. I'm so grateful for that as well – that we have so nice children, grandchildren and friends. It was so much in the aftermath of it happening, people who was mourning Tim, the church bells who rang out in the world, it was so much it spilled over on us because of the love for Tim and his music. We have a box full of letters from his fans and even from people who felt sick and got help through his music. I believe we have responded to almost everyone of them, it feels right because there is so much love.

You have acted in the tv-show “Summer with the relatives”, has that helped disperse your thoughts?

- It has helped a lot to come out to Värmdö and work with these wonderful people, warm-hearted, fun and talented – I'm so grateful for that! I notice that there are a lot of feelings of gratitude, but it helps me feel and be aware that I have a lot to be thankful of, now in the middle of my deepest sorrow.

Have you and Klas any plans for the summer?

- I hope I get to shoot “Summer with the relatives” in August. And we also have a summer house in Skillinge, but now you don't get to travel there until 15th of June to start with, so we will stand by and wait to see if we can go. But we are yearning for it, that is where we have our garden and everything.



Working to improve mental health

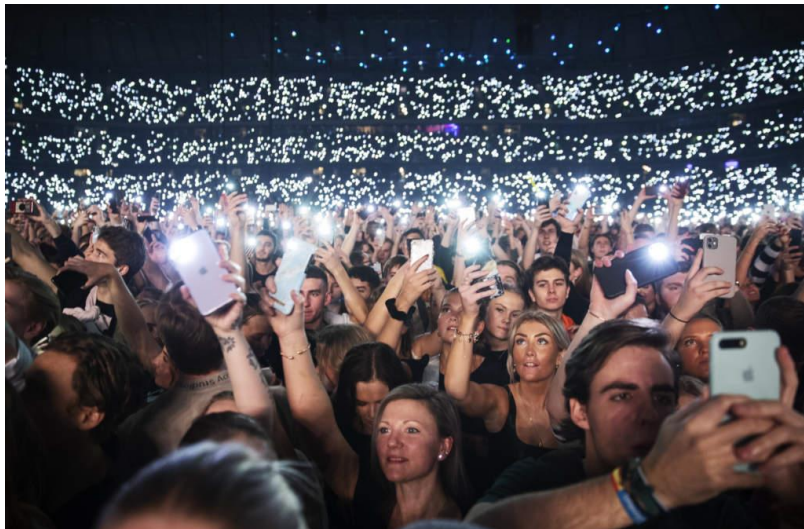
What are the future plans for the Tim Bergling Foundation?

- We started in the fall and have received a big interest for our foundation and we are now focusing on the cooperation we have with many different organisations around questions involving young people and their mental health, to reduce the stigma around questions related to mental health and suicide amongst young people. In this context, we also support the startup of a long-term suicide hotline that will be available 24/7. It will be free of charge and anonymous through chat, mobile or email and is directed towards young people who have it tough or is in an emergency. The need for pre-emptive measures in the healthcare and school is huge and we hope that together with these organisations, help contribute to an improvement.

How do you feel today?

- I'm okay considering the circumstances. And it's shifting, I have good and bad days, a lot of ups and downs, but today in particular is a good day.

- When I was in the hospital in December with my pelvis fracture, the amazing tribute concert took place at Friends Arena. There was one guy, Mats, who worked with the service at the hospital, he lent me a smart-tv so I could watch the concert live at SVT Play. It was incredibly beautiful and there was so much love in the arena, you could feel it through the TV screen.



It must have been intense to watch the concert and experience it?

- I cried pretty much from the beginning to the end, I believe, it was really heavy, but of course very nice as well.

That showed how loved Tim was?

- It makes me happy because in some way, his humble and sensitive way shined through to his fans, they really liked him. Tim was not a show-off kind of guy; he was an introvert person who was not a diva.

- You learn to live with it, you learn to live without Tim. It's not just Tim but everything around Tim. All our trips with Tim, everything we ever did together with him. All the songs he sent to us in different stages and asked for our opinions.

- I really loved his music and listened to it often while walking by myself and sometimes danced my way up the small alleys. But I cannot do that yet. I just can't

So you cannot listen to Tim's music?

- No, not yet. I can't, I will just start to cry.



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