

When someone dies Guide for young people

If someone you love has died you might feel a lot of big, uncomfortable feelings that you have never felt before. You might also feel nothing at all.

You might feel worried about what is going to happen next or scared that someone else you know might die. Sometimes when someone dies, we feel relieved.

Sometimes you might feel really sad one minute, and then happy the next. This can feel really strange but is very common.

There isn't a right or wrong way to feel, but over time the feelings get a bit easier to manage. This is what we call the grieving process.

It's always a good idea to speak to an adult, to let them know how you are feeling, and if you think you need some help. If there isn't anyone at home that you feel you can talk to, think about someone in school who you could go to.

Things that might help

- ✓ Tell someone if you're not feeling ok
- ✓ Build a network of adults that you feel comfortable talking to, and let them know what helps you feel better
- ✓ Asking questions about what happened
- ✓ Remind yourself that things will change
- ✓ Find ways to express how you feel. For example; writing, drawing, listening or playing to music
- ✓ Going to a group to meet other young people who are coping with a bereavement
- ✓ Ask for help in school and tell your teachers if you are finding it hard to concentrate
- ✓ Keep something that belonged to the person who died
- ✓ Do something special on anniversaries and make something to remember them by
- ✓ Look after yourself and allow yourself to be happy. Do things that make you happy like physical exercise, listening to music or chatting with your friends
- ✓ Make a list of things that might help when you are having a difficult day

Feelings you might have:

Fear



Shock



Guilt



Anger



Sadness



Despair



Happiness



Out of control



Relief



Worried



Nothing at all



Further support:

JIGSAW4U (pre and post bereavement support)

<https://www.jigsaw4u.org.uk/>

CHILD BEREAVEMENT UK
www.childbereavementuk.org

CRUSE (bereavement care)
<https://www.hopeagain.org.uk/>

WINSTON'S WISH (website for grieving young people and their families)
www.winstonwish.org

Make an appointment to see your School Nurse