

Back to School

It is important for you to take time to grieve with your family. There are no set rules about how long grief should last.

When you are at school it might be hard to concentrate at times like this.

- ~ Your teacher can let other adults in school know what has happened, if you want them to.
- ~ Talk to your teacher or another adult like a Pupil Support Assistant.

REMEMBER!

There are lots of ways you can get support to help you cope at this time

Where To Find Help

winstonswish.org.uk supports children, young people and their families after the death of a parent or sibling

Helpline: 08088 020 021

hopeagain.org.uk is the youth website of CRUSE Bereavement Care.

Helpline: 0808 808 1677

childline.org.uk is a free, private and confidential service that provides telephone counsellors

Helpline: 0800 1111

The Butterfly Service

theprinceandprincessofwaleshospice.org.uk

0141 429 5599

Other Useful Websites

www.crusescotland.org.uk

www.littlewebsite.org

www.childbereavementuk.org



Loss, Grief & Bereavement

A Guide
for Children and
young people

How to cope when
someone has died



The Prince & Princess
of Wales Hospice



When someone dear to you has died

Death is part of the natural cycle of life that all living things go through.



Every living thing is born, lives its life and then dies.

When someone dies, everyone close to them feels the loss. No two people will think or feel the same way about it—we're all different. This is quite normal.

How Might I Feel?

There are no “right” or “wrong” ways to feel at any time! Your feelings may change from day to day and over time.



angry sad frightened
helpless anxious guilty
shocked numb confused
relieved helpless
lonely

What If I Don't Feel Anything?

Remember - there is no “right” or “wrong” way you should feel - you might not feel anything at first.

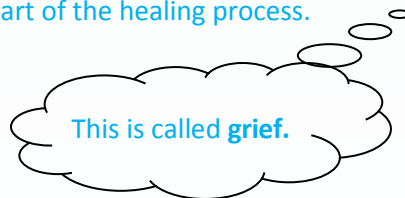
This is okay too! Sometimes feelings can come later on.

Dealing with strong emotions can make you feel different. You might:

- ~ Feel tearful
- ~ Not feel like eating as much as usual or want to eat more
- ~ Not sleep properly
- ~ Have aches and pains
- ~ Feel annoyed or grumpy

How Can I Help Manage Feelings?

The feelings we experience in the days, months and maybe even years that follow someone dying are a normal part of the healing process.



You might have to try a variety of things to find out what can help you to manage your feelings.

Ways To Help

- ◇ Go for a walk
- ◇ Play sport
- ◇ Listen to music
- ◇ Relief from grief: it is okay to laugh and have fun as well as to grieve
- ◇ Talk it out: sometimes it can be helpful to share our thoughts with another person eg a good friend, teacher or family member
- ◇ Do not be afraid to use the words 'dead' or 'death'
- ◇ Writing things down can also help
- ◇ Cry. Let it out! Holding it in does not make sadness go away, in fact the feeling can usually come back stronger later on unless you let it go.

What About School ?

Sometimes boys and girls worry about having to tell people in school about who has died.

Usually, a grown up from your family will contact the school to tell the Head Teacher or key member of staff.

This information will be shared with your class teacher.