

Ways To Remember

It can help to create something to remember the person who has died for example:

Memory Box or Book— fill with pictures, mementos, possessions etc.

Plant a Tree or Plants

Artwork - create something as a keepsake that will remind you of the person

Diary—write down your thoughts, feelings and memories of the person

Letter—write the person a letter

REMEMBER!
Be kind to yourself
and ask for help



Where To Find Help

Visit winstonswish.org.uk or call 08088 020 021 or text WW to 85258 to connect with someone who can help

Visit hopeagain.org.uk or call 0808 808 1677 to talk to someone about your grief

Visit www.childline.org.uk or call 0800 1111 for free 24 hours a day to speak to someone about how you feel

Visit theprinceandprincessofwaleshospice.org.uk or call 0141 420 6785 if you or someone close to you has a life limiting illness

Visit childbereavementuk.org, email support@childbereavementuk.org or call 0800 028 8840 for support

Other Useful Websites

www.richmondshope.org.uk

www.petalsupport.com

www.brighteststar.org.uk/

<http://mbss.org.uk/>



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Bereavement, Loss and Grief



**For Children and
Young People**
**How to cope when
someone has died**



The Prince & Princess
of Wales Hospice



When Someone Close 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 is no “right” or “wrong” way to feel! 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 Manage My 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
- ◇ Read a book or watch a film
- ◇ It is okay to **laugh, play and have fun with your friends**



◇ Talk to someone about how you are feeling

◇ Do not be afraid to use the words ‘dead’ or ‘death’

- ◇ Cry! Let it out! Holding in your feelings can make them worse.



What About School ?

You might worry about having to tell people in school about who has died and what happened. You might worry about what school will be like.

Someone will contact the school to tell the Head Teacher and a key member of staff. They are there to help you so talk to them about what would help you at school.