

Think about ...



When

**someone you
care about Dies**

*I knew she
was sick but
it didn't make
it any easier*

**My
mum's dead
but she's
always with
me**

**IT WAS
SUCH A
SHOCK**

**I couldn't
sleep or eat**

**I didn't
understand
why he had
to die**

It hurts a lot when someone you care about dies. It doesn't matter if the person is young or old, has been ill or has died suddenly.

When coping with a death, you may go through all kinds of emotions. Your feelings might be stronger or deeper than usual or mixed together in ways you've never experienced before.

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It is quite normal to feel frightened, sad or worried. You might even be angry,

confused or shocked. All of these are normal ways to react to a death.

GRIEF is a feeling of pain and loss. It is a natural part of facing the loss of someone you love or care about.

Grieving can be emotionally and physically draining so don't be surprised if you feel very tired and want to sleep more than usual. You can have trouble concentrating, working, studying, sleeping, or eating when they're coping with a death. You can lose interest in activities you enjoy. Just take things a day at a time and remember it's okay to laugh

and have fun as it doesn't mean you will forget the person or they will become less important to you.

If you are not coping with the death of a close friend or relative, speak to a teacher or school counsellor about how you feel. There are also organisations that can help you.

Helplines:

Childline 0800 1111

Lifeline 0808 808 8000

Samaritans 0845 790 9090

Cruse NI 028 9079 2419

Useful Websites:

www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/family-and-relationships/coping-with-death.htm - tells you more about grief and how to get help

www.childline.org.uk/Explore/Life/Pages/WhenSomeoneDies.aspx - looks at ways that might help to deal with someone dying

www.childbereavement.org.uk/For/ForYoungPeople - looks at how to deal with your feelings when someone dies

www.rd4u.org.uk - a website by CRUSE NI which gives you more information on how to get help with bereavement

www.winstonswish.org.uk - gives you a chance to hear from others who have experienced bereavement