

Has someone important to you died?

Ideas to help you in your grief

People cope in all sorts of ways when someone dies. It can be hard to know what to do to get through this time, especially while we have to be apart from family and friends. Here are some suggestions from other bereaved young people about things you could do. Tick the ones you think would help at the moment, and keep it as a reminder.

Tell people what helps me feel better and keeps me feeling safe

Remind myself that, like the seasons, things will change

Ask if I can keep something that belonged to them

Look after myself and allow time for sleeping, eating resting, thinking and relaxing

Start a memory box or book to help remember them

Ask questions about what happened even if people get upset. I need the facts to understand, and talking about it will help me

Share with others if I start to think I am to blame

Remind myself I'm not going crazy. My sleeping, eating, thinking, memory, concentrating & motivation will be up and down

Laugh and have fun without feeling bad about it

Talk to the person who died in my imagination or write them a letter. This may help me say things I never got the chance to say, and to stay feeling connected to them

Ask for help and support whenever I need it

Stay connected with friends and family even though we may be apart

Find ways of expressing my feelings by writing, drawing, music or exercise

Find an adult at school I feel comfortable talking to. Ask for any extra help I need with my work

I'm going to try
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