

#bereavementandgrief
#publichealth5-19service



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BEREAVEMENT AND GRIEF FACTSHEET

This factsheet will provide you with information and advice about bereavement and grief and links to helpful websites.

Bereavement and grief

“I’ve recently lost someone close to me and its taken ages to feel the pain is bearable. It is hard because at first I could talk to friends but now I feel like I am being a pain.”

When someone close to you dies – a member of your family, a friend or even a pet - you may feel like your life will never be the same again. It may not be the same as you will feel like there is someone missing but you will be able to adjust to this in time. You may have heard from adults that you are grieving for your loved one during this time.

What is grief?

Grief is the feelings or emotions that you experience when you lose someone or something close to you. These feelings/emotions could be anger, sadness or even guilt.

Sometimes these emotions may be displayed in a physical way such as headaches, tummy upsets, and loss of appetite, not wanting to out with your friends or not sleeping very well. If you are angry you may also shout or even hit out at others. Whilst it is normal to feel angry, it is not acceptable to shout at or hit others. If you do experience this level of anger you should seek further support to help manage your emotions.

“I feel sad, angry, frightened and even guilty all at the same time... I don’t understand it.”

What should I be feeling?

There is no normal response to loss.

Everyone handles it in different ways, there isn’t one solution... no two people are the same.

When will these feelings go away?

There is no quick way to getting over the loss of someone or something close to you. All you can do is take it one step and one day at a time. The process known as grieving may seem difficult to get through but it is important to work through your grief as this will help you to deal with your loss.

How should I deal with these feelings?

Remember, you do not have to deal with this on your own. Try talking to someone you trust about how you feel or the emotions you are experiencing.

TOP TIPS TO HELP YOU COPE

“Everyone handles it in different ways, there isn’t one solution... it’s not weak to ask for help.”

Tip 1: take things slowly – remember there is no time limit on grief

Tip 2: continue with any exercise and hobbies - this will help your stress levels

Tip 3: focus on happy times you spent together - make a memory box or diary

Tip 4: try not to feel guilty if you find yourself having fun or smiling again. This is a normal part of the grief process and essential for moving on.

Tip 5: Talk to someone; there is always someone who will listen– if you don’t feel like you can talk to someone in your family then speak to a teacher or someone at school who will either be able to help you or will find someone who can.

“Talk to someone and think of good moments.”

What will the future look like?

Eventually you will get to a point where you will begin to accept the changes in your life and be happy to move on. You will never forget your loved one and you will find a way to remember them whilst still getting on with your life.

“I have found other young people who have lost someone close too and realised that I can move forward and learn to be happy again.”

VISIT THESE USEFUL WEBSITES:

www.kooth.com

Free online counselling and support

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies/

Childline website has lots of useful information and advice for children

www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/

NHS Choices webpage with information and advice

www.childbereavementuk.org/

Website providing support and advice around bereavement

<https://www.winstonswish.org/>

Provides support to children and young people after the death of a parent or sibling.

www.youngminds.org.uk/find-help/feelings-and-symptoms/death-and-loss/

Information for young people and parents on all aspects of mental health & emotional wellbeing.

