



# Thoughts for Children and Young People when someone special has died.

When someone you love has died the pain is overwhelming, you are likely to experience lots of scary and difficult feelings that can all feel jumbled up.

You may feel sad, angry, confused, scared, lonely, guilty, anxious and many other feelings. It is normal to feel like this when someone we were close to has died.

## Symptoms

You may also experience physical symptoms such as exhaustion and tiredness and have no energy. You may lose your appetite or you may want to eat more. You may be unable to sleep properly and concentration can be difficult. Everyday things like going to school or out with friends can be just too much.

## Grief

This is called grief and it is hard. It is helpful to share with someone how you are feeling. It may seem really difficult to talk to someone in your family but doing this can be helpful. Often families try to protect each other as they do not want to upset each other but sharing feelings and being able to grieve together can make life at home easier. You may feel more comfortable talking to a friend or another adult, perhaps someone in school; someone you know you can trust and will listen to you.

## Talking

Talking may feel just too difficult and if so perhaps you could try writing down your feelings, writing a letter to the person who has died or drawing a picture. Expressing feelings in this way can be helpful; keeping worries and fears inside does not make them go away. Grief can last for a very long time but gradually the pain will ease as you adjust to a different way of living without the person who has died.

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It is important to find ways of remembering the person who has died and you may like to consider:

- Talking to others about them
- Making sure you have photos of the person
- Make a memory box of things that were special to the person
- Remembering special days like birthdays and anniversaries

It is important that whilst you are grieving to have some normal routines and you should allow yourself time to have fun; it doesn't mean you don't care.

## Feelings

When someone you love has died the pain is overwhelming, you are likely to experience lots of scary and difficult feelings that can all feel jumbled up. You may feel sad, angry, confused, scared, lonely, guilty, anxious and many other feelings. It is normal to feel like this when someone we were close to has died.

## Support

CHUMS offers bereavement support to children and young people, as well as their parent/carers. Other young people have told us how helpful it is to meet with others who have also been bereaved and we facilitate groups to help with this.

If you would like to talk with someone in confidence who will be able to help you, please call us or make a self-referral online. We provide a local, accessible service in a convenient location for you. This service is free.



Bedfordshire

**0330 0581 653**

For on-line referrals visit:

[www.chums.uk.com/refer](http://www.chums.uk.com/refer)

CHUMS Mental Health and Emotional Wellbeing Service, supporting children in Bedfordshire.

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