



bereavement support for young people

When somebody close to you dies or is seriously ill, life can be tough. Many children and young people have found it helps to talk to someone who understands.



Information Sheet: for young people when they have been affected by the death of someone close

Follow the links for more information, advice, videos and personal stories.

When someone you care about dies

The first thing to remember is that grief is different for everyone and you will probably have lots of difficult emotions. It can feel confusing and even frightening at times.

Common reactions include:

- Shock/disbelief 'it doesn't seem real'
- Anxiety – 'what's going to happen next?'
- Sleep difficulties
- Physical health complaints
- Appetite changes
- Taking risks
- Guilt 'if only I hadn't....'
- Sadness and longing
- School problems
- Feeling like nothing matters
- Not getting on with parents/ losing friends
- Suicidal thoughts

What might help?

Try to be honest about how you feel, talk to other members of your family or friends that you trust. It might help you to start making sense of what has happened. [Dealing with your feelings/emotions](#)¹ helps you to recognise your feelings.

Listen to the other young people's experiences on [Winston's Wish help2makesense.org](#) .

[Why talking helps.](#)² If you want to talk to someone outside your family or take part in a group contact The Sunflower Project at [Youth Commission.](#)³

To hear how other young people feel, listen to [Alex](#)⁴ talk about how he felt when his dad died, how it takes time for things to get back to some kind of 'normality' and that your feelings change over time. He talks about what he misses and how he likes to remember. [Childline](#)⁵ have advice and videos on dealing with bereavement and [feeling really sad.](#)⁶



info@youthcommission.gg
Youth Commission Office: 01481 756099
The HUB: 01481 724421
Text: 07781 433 838

www.youthcommission.gg
www.facebook.com/YouthCommGsyAld
www.twitter.com/YouthCommGsyAld

Some young people fear they will forget their loved one, on the Hope Again website there are suggestions for lots of **Ways of remembering someone after they have died.**⁷ Even though this can feel hard you will find it can help as time passes.

Getting back to school

When it comes to getting back to school it might feel like somewhere to escape to or something you are dreading. Make sure someone has told at least one of your teachers about what has happened and how you want them to support you. Perhaps one of your friends could help you if you are finding things difficult. The Sunflower Project can help you with this.

For more information and resources or one to one support please contact The Sunflower Project a Youth Commission service based at The HUB

- Call: 01481 724421 or 756099 Text: 07781 433 838
- Email: info@youthcommission.gg

Hyperlink References:

¹ [Dealing with your feelings/emotions - www.childbereavementuk.org/dealing-with-your-feelings/](http://www.childbereavementuk.org/dealing-with-your-feelings/)

² [Winston's Wish help2makesense.org - Why talking helps. - ww.help2makesense.org](http://www.help2makesense.org)

³ [Youth Commission - www.youthcommission.gg/thehub](http://www.youthcommission.gg/thehub)

⁴ [Alex's Story - www.griefcounter.org.uk/young-people/](http://www.griefcounter.org.uk/young-people/)

^{5 & 6} [Childline – www.childline.org.uk](http://www.childline.org.uk)

⁷ [Ways of remembering someone after they have died – www.hopeagain.org.uk/hope-again-remembering/](http://www.hopeagain.org.uk/hope-again-remembering/)

