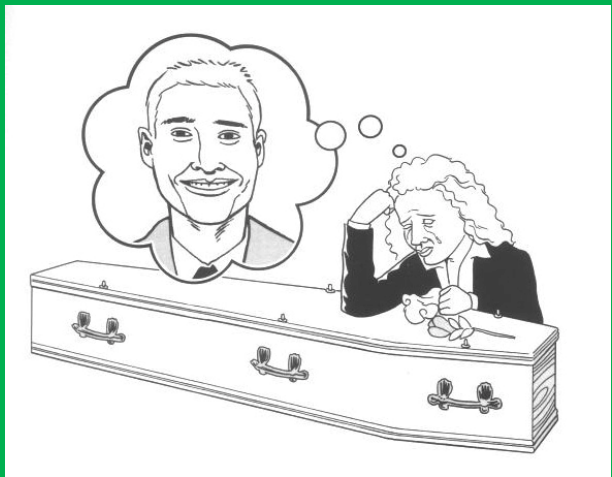


Easy Read Guide

Coping with loss and bereavement



When someone dies



This book will help you if someone you know has died.



Dying is when someone's body stops working.



When someone dies they won't move or talk anymore.

When someone dies



When someone you know had dies it can be hard for you. You may feel sad or alone.



This is called grief, or also may be called experiencing loss.



Grief can make you have lots of different feelings. It's ok to have these feelings.



You may need support with your feelings.

It's ok to talk about your feelings.

When someone has died all the people that know them will get together for their funeral.

A funeral is a celebration of a persons life.

All the people that knew them will get together and share their sadness that they are no longer there.

They will also remember all the good times they had with that person.



The Funeral

A funeral is also what happens to a person's body after they have died.



Some people choose to have their body buried.

This means the body will be put in a special box called a coffin and then put into the ground in a place called a grave.



The grave will then be marked with a headstone with the person's name on it.



Other people choose to be cremated.



This means their body will be put in a coffin and then put into a very hot fire until it becomes ashes.



People sometimes want their friends and family to spread their ashes in a place that was special to them.



Some people like to visit the grave of a person they loved. It can help to bring back special memories of that person.

What can help you feel better



It can take a long time to recover after a person has died. Grief can last for months or years.

It is ok to ask for support for as long as you need it.



Some days you may feel sad, and other days you may feel a bit better.

There are always people who can help you, and things you can do to feel better.



Let other people know you are feeling sad.

Talk to someone you know well about how you feel.

It may be possible to see a counsellor at specific times for support.

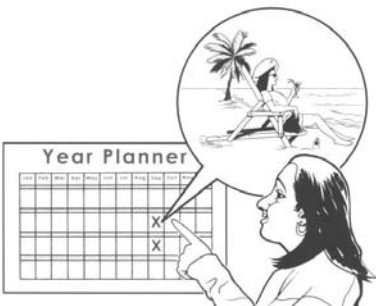


Try to keep your routine.

It can help to carry on doing all the things you normally do.

Plan nice things to do.

You can make a calendar of the events you are looking forward to. This can help you feel happier about your life.



What can help you feel better



With time you will begin to feel better and less sad.



You might always miss the person who has died, but as time goes on you should remember more about the happy memories you have of them.

