

# Information on bereavement

## For children and young people

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## Bereavement

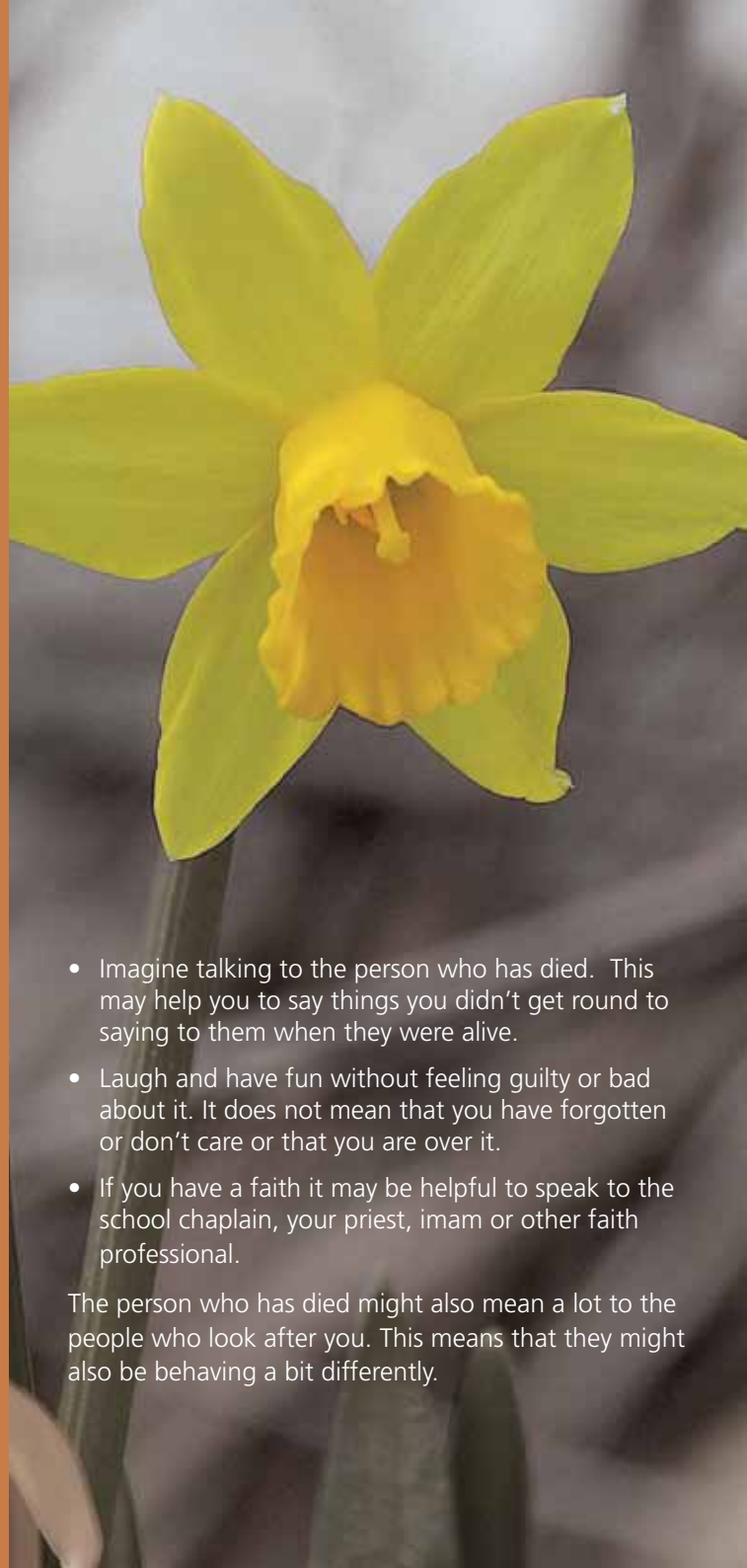
Sometimes someone we love and care about dies. This may be because they are very old or ill. It might be because they have had an accident. People sometimes choose to kill themselves.

When someone you love dies you may find that you have all sorts of feelings. Sometimes these feelings might seem wrong. This is because you might think there is a right way to behave and feel. People react to death in their own way. There is no right or wrong way to feel. Sometimes people feel bad or sad, sometimes people feel numb or they don't feel anything at all.

When a person you have loved and cared about dies it can take a long time to adjust to life without them. You may have other people telling you to 'get over it', but there will be times, maybe years later, when you feel upset about the person who died. These feelings are normal and natural.

Here are some things that might help you

- Ask questions about what happened. The facts will help you understand and talking about it will help.
- Tell people what helps you feel better and keeps you feeling safe.
- Remind yourself that things will change.
- Think about what you can do and just do it rather than thinking 'if only...'
- Find different ways to let your feelings out. Exercise, listening to music or playing an instrument, art work, writing, carrying on with your interests might help.
- Remind yourself that you are not going crazy. Your sleeping, eating, thinking, memory and concentration will all be affected.
- Ask for any help you need at school.
- Start a memory box or memory book to help remember the person who has died.
- Do something special on anniversaries.



- Imagine talking to the person who has died. This may help you to say things you didn't get round to saying to them when they were alive.
- Laugh and have fun without feeling guilty or bad about it. It does not mean that you have forgotten or don't care or that you are over it.
- If you have a faith it may be helpful to speak to the school chaplain, your priest, imam or other faith professional.

The person who has died might also mean a lot to the people who look after you. This means that they might also be behaving a bit differently.