



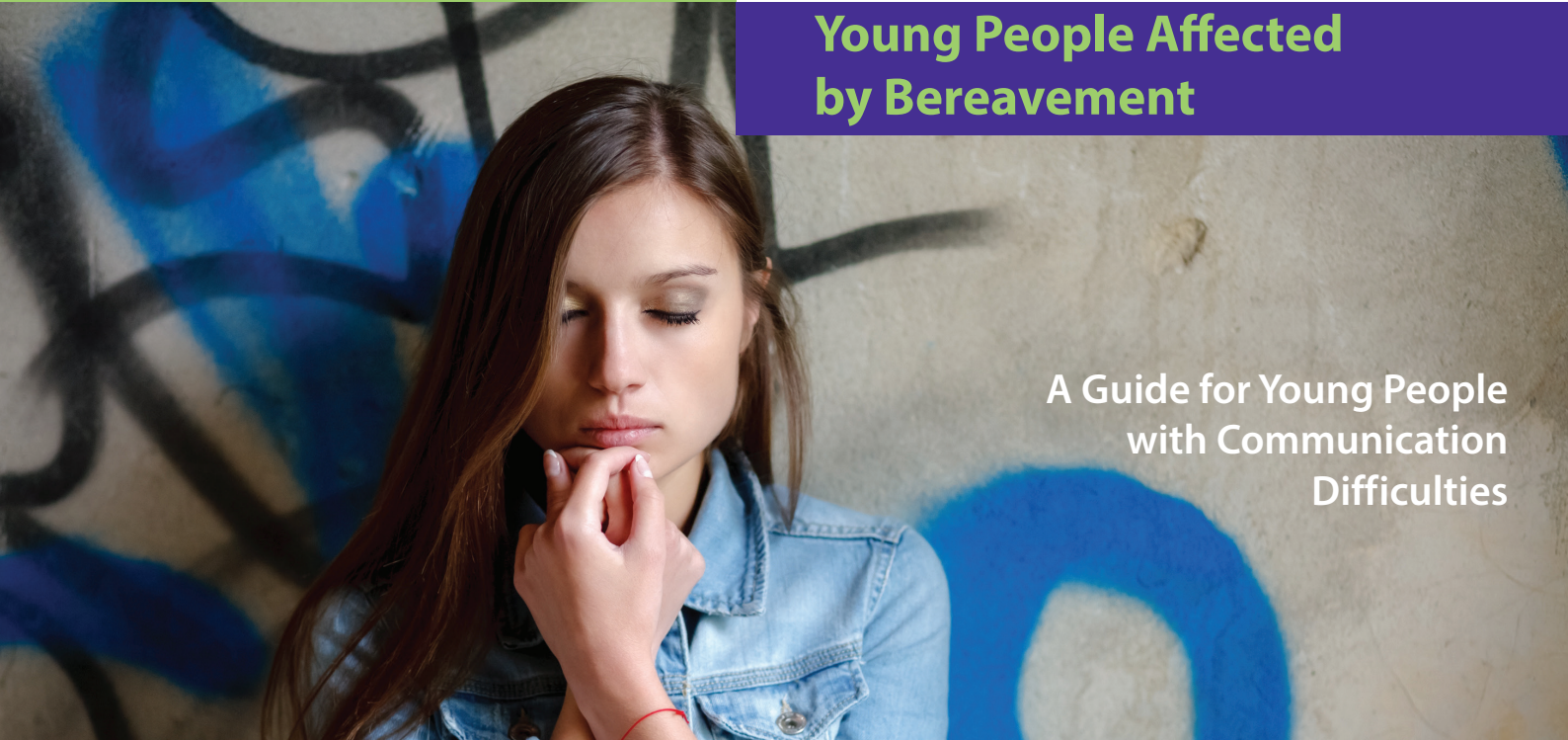
**Clackmannanshire
Council**

www.clacksweb.org.uk

Young People Affected by Bereavement

A Guide for Young People
with Communication
Difficulties

Educational Psychology Service



When someone in your family dies there is no right or wrong way to feel.



People have lots of different feelings when someone dies.

Sometimes you feel things in your body.

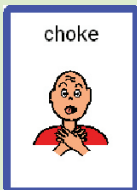
You might feel unwell



Your stomach might feel bad



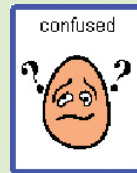
Your throat or your chest might feel tight



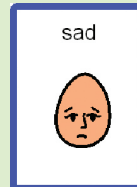
*You might feel angry at what has happened.
You might feel angry at the person who has died.*



It can be very difficult to understand what is happening. People are acting differently.



You might feel sad.



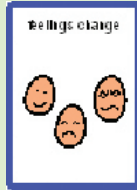
You might feel very lonely.



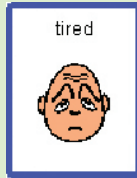
You might feel you don't want to do anything.



Your feelings keep changing.



*You might want to sleep.
Or you might not be able to sleep.*



Remember to eat and drink.



You may not feel any different.



*You might have strong feelings. You might be
afraid of what might happen to you.*



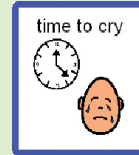
Things that can help



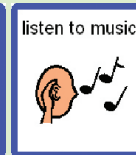
It can help to talk.



Give yourself time to show your feelings.



It can help to be busy.



It can help to be quiet.





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