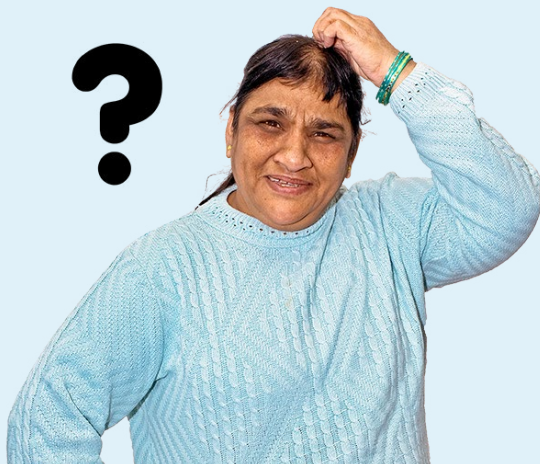




# What does bereavement feel like?

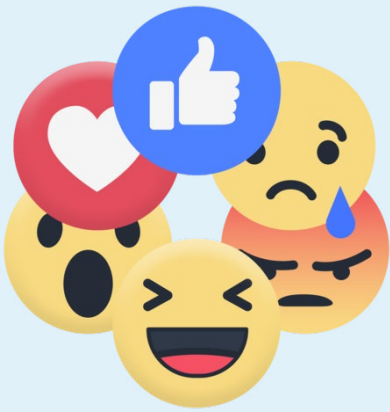


**Bereavement** is when someone you loved or cared about has died.





**Grief** is what you feel when someone you love has died or is dying... also called bereavement.



There are a lot of mixed-up feelings in grief. There are no right or wrong feelings. Everyone is different.



It's hard to believe sad news sometimes. You may be so shocked you can't believe it's true.



It can take a long time for the truth to sink in.



You might feel very sad.



You might think you are ill because there can be physical feelings, but grief is not an illness, it's getting used to the sadness.



Sometimes you might feel angry or helpless because we cannot change how things are.



Other times you might smile and laugh at something.



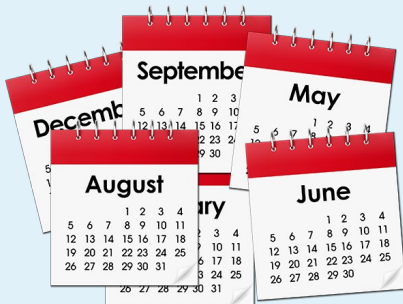
Feelings can change a lot when you are grieving – and that's OK.



You will probably feel very tired but also have difficulty sleeping. Your appetite might change too.



You might feel worried or anxious.



Missing someone and grieving can go on for ages - but in time you will be sad less often.

# What might help?



Tell someone how you are feeling.  
And talk about the person who died.



Perhaps keep a memory  
box of things that help you  
remember them.



You may have a photo album or a  
collection of memories on a CD or  
on your mobile phone.



Try to eat healthy food...



...and drink healthy drinks.



Sometimes you might want peace and quiet on your own.



And sometimes you might want to be with people and have fun.

# Remember



Going to a special place where you like to remember that person can help too.



Meeting other people who have been bereaved can often help.



Looking back and remembering is OK... but looking forward to fun things is OK too.

# Useful websites

Child Bereavement UK  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

CHANGE  
[www.changepeople.org](http://www.changepeople.org)

Pamis - Promoting a more inclusive society  
[www.pamis.org.uk](http://www.pamis.org.uk)

National Autistic Society  
[www.autism.org.uk](http://www.autism.org.uk)



Produced by Child Bereavement UK in  
collaboration with the *Stop People with a  
Learning Disability Dying Too Young* Group

Call our Helpline:  
**0800 02 888 40**

[childbereavementuk.org](http://childbereavementuk.org)

