



# When someone dies

## Talking about funerals







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



When someone dies, there is no life in them anymore and it is forever – no breath, no heartbeat.



If you want to see someone's body after they have died, it helps to have someone else with you.



You might go to a hospital room or a Funeral Directors to see the body of someone who has died. You may need some help.



The body of a dead person is very still and pale and cold. It is not like being asleep – it might look like them, but it is more like an empty shell that the person used to live in.



There will probably be a funeral of some kind where friends and family can come together to remember the person who died.



People are often sad at a funeral – but also thankful that they knew and loved the person who died.



There are a lot of different beliefs about how to do a funeral – but everyone treats the “empty” dead body with respect.



At the funeral, the person's dead body will be in a coffin – or wrapped in a sheet (called a shroud).



After the funeral, the coffin or shroud might be buried in a grave.



Or taken to a crematorium where it is burned, and people can collect the ashes afterwards.



The family might bury the ashes or scatter them in a favourite place to remember the person who died.



A funeral is an important occasion, but grief is like a journey that carries on long after the funeral.



The death of someone may bring a lot of changes in your life, and that can take time to get used to.



Remember, it's OK to be sad... but it's OK to be happy sometimes too.



Be kind to yourself – and ask for help when you need it.

# 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](https://childbereavementuk.org)

